

Read up on health and fitness in **Heartbeat** See insert inside

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Serving The Greater Metropolitan Newark Area Since 1983

March 15 - March 21, 1995



# CITY NEWS

50¢

INSIDE

- Rebuilding the Newark School System See page 4
- Masses protest 'Contract With America' See page 3



Damon Wayans stars as Major Benson/Winifred Payne, an emotionally dysfunctional career military officer, who, to his great dismay, finds himself in charge of a junior R.O.T.C. program in the comedy *Major Payne*. Photo by K.C. Bailey  
Story on page 7

- Is black leadership bankrupt? See page 8

AT A GLANCE

Trenton Schools try year-round education

by Sandra Wright  
We have all heard it mentioned some time or another, that children who attend school year-round are higher achievers and are smarter than those who don't. It seems to be working in Japan. Could it work in the U.S.? Well one New Jersey school system is willing to give Year-Round Education (YRE) a try. The Trenton school system will introduce its new schedule on July 1 of this year to two elementary schools. Kilmer and Mott Elementary schools will be the first schools in the state to implement YRE. Mott Elementary School will pilot a 60/20 schedule for a 220-day school calendar, while Kilmer will pilot a 45/15 schedule for a 200-day school calendar with intersessions during the school year. According to Dr. Bernice Venable, Trenton Superintendent of Schools, "We are looking at this as a way of forcing cutbacks in domestic spending. For perspective: For over 200 years, from George Washington through Jimmy Carter, the accumulated national debt was \$908 billion. After just 12 years of Reagan/Bush economic policies—i.e., huge tax breaks for the rich (originally \$750 billion, reduced in 1983 to \$600 billion) and massive military spending (\$750 billion)—the debt actually quadrupled to nearly \$4 trillion." See BUDGET/page 3

Understanding the balanced budget

WASHINGTON, DC—David Stockman, Ronald Reagan's director of the Office of Management and Budget, revealed, first in *The Atlantic Monthly* and later in his book, that the Republican strategy in 1981 was to deliberately create huge budget deficits and dramatically drive up the national debt as a way of forcing cutbacks in domestic spending. For perspective: For over 200 years, from George Washington through Jimmy Carter, the accumulated national debt was \$908 billion. After just 12 years of Reagan/Bush economic policies—i.e., huge tax breaks for the rich (originally \$750 billion, reduced in 1983 to \$600 billion) and massive military spending (\$750 billion)—the debt actually quadrupled to nearly \$4 trillion. See BUDGET/page 3

## HUNGRY CHILDREN PAY FOR REPUBLICAN CUTS

by Sandra Wright

"If there were no free or reduced lunch programs, many of our children would go without eating. At the breakfast program there is a large number of children who arrive an hour early to get breakfast. So those children would be affected by the [demise of the lunch and breakfast program]."

This is one of the many concerns about the proposed school lunch cuts that have been voiced by Dr. Ronald Frye, Plainfield's acting superintendent of schools.

Since its announcement, the situation has almost everyone in an uproar. Just last week

protesters stormed a meeting in Washington, DC demanding no cuts to the lunch and breakfast programs that so many urban children depend on.

Many school superintendents and food service directors have the same reaction toward the proposal. "It would be detrimental."

According to Newark's Superintendent of Schools, Dr. Eugene Campbell, if Congress should cut the food programs from urban schools "there would be irreparable harm to the Newark community and children, not only in Newark, but across the country."

"We have joined forces to say loud and

clear, from the community to Congress, not to cut funding for education or school meals," continued Campbell.

Another concern that many of the school officials share is the uncertainty of what exactly will be done with the nutrition program and the money, if any, that is provided for its funding.

Sue Solleder, food service director for the Jersey City school district stated, "It is very devastating that there is no clear-cut direction on how anything will be given to the districts. According to what they [Congress] have proposed, only children who are [extremely] needed should be benefiting from

the program."

"The money will be going to the state to be reallocated, and there is no formula set up for its redistribution. I can't say what the definite effects will be because I don't know how the money will be issued," stated Dr. John Howard, superintendent of East Orange school district.

Howard stated that whatever happens he would just do what is necessary for his children.

"I can't get upset over this anymore. Like all other school districts we will just have to make do. The system has changed many See HUNGRY CHILD/page 7

## First Baptist to purchase Home News building

NEW BRUNSWICK—Community residents, elected officials and business leaders were on hand last Wednesday when John Boyd, a member of the Boyd family of New Jersey, former owners of *The Home News* newspaper, announced his intention to sell 123 Hoes Lane, formerly occupied by *The Home News* newspaper, to the First Baptist Community Development Corporation (FBCDC).

Rev. Dr. DeForest B. Soaries, Jr., chairman of the FBCDC, announced the organization's intention to purchase the historic facility.

Boyd expressed his enthusiasm for the idea that the use of the facility be of lasting benefit to the community and continue the legacy of his family.

Dr. Alma McCloud Evans, FBCDC President/CEO outlined the organization's plans for use of the facility and explained that all of the

programs and activities housed at 123 Hoes Lane will be geared in response to discussed and expressed community needs.

The FBCDC is a private, not-for-profit organization founded in 1992. The main goals of the corporation are to build and develop the community, eliminate poverty and reduce the rate of teenage pregnancy within the Renaissance 2000 community.

The Renaissance 2000 Development Program, a public/private, community based partnership that leverages human and financial resources to create a twenty-first century community within an 880 acre area in New Brunswick and Franklin Township, is currently in the Phase II planning stage which includes the creation of a land use analysis of the development plan and cost projections.

The planning process began in August 1993 and once completed



Attending the press conference were New Brunswick Mayor Cahill, Chairman of the FBCDC, Rev. Buster Soaries, John Boyd, owner of the Home News building and Dr. Alma McCloud Evans, president and CEO of FBCDC.

will outline a plan to build affordable housing, attract new businesses and employment opportunities to the target area and to improve the socio-economic conditions of the community.

Molinaro Associates, urban

### The FBCDC community development model

- The FBCDC is creating a community development model based on the belief that human development is the impetus for economic and community revitalization.
- The following FBCDC activities will be based in the facility:
- Community development credit union
  - Employment and training
  - Small business incubator
  - Health services
  - Technology center
  - Training institute
  - Youth programs
  - Senior citizens day-care
  - Child care

## Tepper's groundbreaking signals Plainfield rebirth

by Sherry Burrus

PLAINFIELD—"It was a proud afternoon for Plainfield,"

said City Administrator Henry Kita who hosted the ground breaking ceremony for the construction of a mini mall at the long vacant



Breaking ground at the Teppers site are left to right, Plainfield Mayor Furey, Ted Prehodka, chairman of the Plainfield Redevelopment Agency and City Council President Helen Miller.

Tepper's site.

"This project has been discussed and is important to our city's economic lifeline. It is one that we hope sparks our city's renaissance in the downtown area and our neighborhood," added Kita.

The old Tepper's department store building will soon be put to rest as a five-story multi-million dollar project will be underway by early June. The project will produce about 300 jobs while under construction and over 200 permanent jobs upon its completion.

Adlai Pennington, project manager for the New Jersey Redevelopment Group says, the intended use of the retail area is for an "upscale mall" that will consist of the basement and main level, but also stated the building will provide office space and affordable housing for seniors.

"The benefit for the city is that it will have an enormous effect on our surroundings," said Pennington.

Plainfield Mayor Mark Furey, who welcomed the audience,

## Union County wants alternative school in Plainfield

by Sherry Burrus

PLAINFIELD—"The controversy stemming in Plainfield over the availability of an 100 year old private school is still hot. While the Mayor has proposed that the City Council and Board of Education purchase the Wardlaw-Harridge School, the Union County Education Service Commission stands firm by its interest in the school for an alternative school."

"The Commission already has programs in Westfield, Scotch Plains, Clark, Berkeley Heights and Mountainside and they are all excellent and we're not adversely affecting those communities. So I can't see why anyone would say we would adversely affect Plainfield," says Commission Superintendent Edward Hartnett.

The commission is interested in purchasing the campus, located in the historical district of the city, to combine the five already existing alternative schools in Plainfield and to start any new alternative programs to the Plainfield location.

Many city and school officials have opposed the purchase of the private school by the county saying it would have "an adverse effect on the community."

Plainfield realtor William Heffland stated, "We need to determine what an alternative school is."

Hartnett said, "An alternative education program for disaffected students."

When asked to clarify his response, Hartnett responded that an alternative school was for "Children who are not being challenged in their current educational program."

Hartnett said alternative schools were needed to ensure that students would receive an "appropriate" education that typical public schools could not offer.

"There are a variety of reasons why children are having difficulty learning, some are discipline problems, but if the children are presented with an appropriate and challenging curriculum that suited their needs the behavioral problems will diminish," added Hartnett.

# PEOPLE

## Muslim organizations' contributions recognized



Pictured (l-r) are Ronald Salehuddin, EO dir. of property maintenance; Councilman Jimmy Small; Al Haji Aziz of the Unified Eid Committee; Imam W. Deen Shareef and Donald A. Akhtab.

EAST ORANGE—East Orange City Councilman Jimmy Small presented resolutions to three Islamic community organizations in observance of the Month of Ramadan during an East Orange city council meeting on Tuesday, February 14. The Islamic Month of Ramadan marks the world's one billion Muslims devoting 29 to 30 days of fasting from dawn to sunset, in commemoration of the revelation of the Qur'an to Prophet Muhammad Ibn Abdullah, 1,400 years ago.



James A. Smith

## Bell honors Smith for top sales

UNION—James A. Smith of Plainfield, a Bell Atlantic Mobile senior sales representative has been named one of the company's top sales people for 1994. As a reward, Smith was named to the company's 1994 President's Cabinet. As a cabinet member Smith and a guest received an all-expense paid trip to Maui.

## 'Obstacles To Success' celebrates Women's History Month

UNION—This month on Reality in Retrospect, Women's History Month is celebrated with a discussion on achievements of local women entitled "Obstacles to Success."

Host Sandra Jones greets two distinguished guests, Honorable Maria Vizcordero DeSoto, Essex County Surrogate (the first Hispanic candidate elected in Essex County and the first woman to hold the position), and Hazel Walker, Roselle Councilwoman.

The women will discuss how they got to where they are today, the importance of being "on the time" in local politics, and the difference that women can make when they are in office.

Reality in Retrospect airs Saturdays at 5:30 p.m. on Suburban Cablevision channel 3 throughout the month of March.

## COPING

WITH DR. CHARLES FAULKNER

### Keys to a successful relationship

I have received quite a few nice letters from you in which you ask me to tell you what to do to improve your chances of having a successful relationship. Here are some hints that might lead to a successful match for you:

1) Tell the truth about yourself to potential mates. Most people tell only the positive aspects of themselves. They neglect to tell you about their negative behaviors or hang-ups. One lady said, "I want a man who is compatible with me and I won't accept less. I am well-organized, very clean, understanding, assertive, warm and mature. My man should be so, too." Is this the whole story or are there some negative surprises in store for the man who teams up with her? (Also, don't expect that everyone is going to tell the truth about themselves, either.)

2) Allow for some flexibility in your requirements. The more flexible you are, the greater your chance of finding a compatible mate. One person said, in a letter to me, "I want to meet someone who is six feet tall, 175 pounds, light complexioned, athletic, intellectual, professional, earning a good salary, good-looking, has a good sense of humor, is outgoing and has a wonderful personality."

The person who wrote the above letter is bound to be disappointed because these requirements are much too specific. If the potential partner lacked even one of the above-listed qualities they would be "ineligible." Thus, quite a few wonderful people would not qualify. Don't expect the other person to bring any more to the relationship than you are able to bring.

3) Be realistic in your requirements. One gentleman said, "I am looking for my queen, the girl of my dreams. I want to find that perfect woman." This gentleman is almost certain to be searching eternally. No perfect individual exists—except in our dreams. In any case, a perfect individual would also be looking for a perfect partner. Thus, none of us would qualify.

The fact is that there are many people who would be excellent mates for you. But they may not be beautiful, handsome, wealthy or brilliant. So keep your requirements in the real world and you will be surprised at the number of quality individuals you will find.

4) Happiness is a two-way street. Be prepared to give as much to the other person as you ask the other person to give to you. One lady wrote, "I want a man to take care of me, to take me to nice clubs, to go to church with me every Sunday, to give me nice surprise gifts, to be around when I need him..." No where in her letter did she say what she was going to give to the relationship. In effect, she is looking a "sugar-daddy." The problem for her is that sugar-daddies are probably looking for famous, rich women. You have got to be able to give as much to the relationship as you get from it.

5) Expect problems. Expect the unexpected. You are going to have problems in the relationship, in spite of who you meet. There are no perfect relationships. You should start, right now, to get your problem-solving skills into good working order. The successful couple is the couple that works at solving every problem, rather than getting angry and making the problem worse.

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## New Girl Scout council members approved



At the 38th Annual Meeting of Washington Rock Girl Scout Council, a new treasurer and twelve new members-at-large were approved by the council delegates. New members include (l-r): Marie-Carmel Adams, Margaret Miller, Joanne Burke, Rajade Berry, Tom Perry, Mina Patel, Judith MacLellan, Lizbeth Flores, Walter Jones, Janice Hergert, Jerome McDevitt, Rose Phalen, Toni Watten, Slater Percycle Hart, Dolores Kresse, Betty Davis, and R Dawn Clarke. Missing from photo are: Yvonne Duncan, Manya Ungar, Kathy Price, Dr. Jerome DeMassi and Vincent Bellusio.

## Community Calendar

### MONTH OF MARCH

NEW YORK—1995 NY Flower Show/Lecture series. For more details call 914-421-3219.

PLAINFIELD—"Patterns of Light" art exhibit at Swan Galleries. For more info call 908-756-1707.

WATCHUNG—Salute to women in the Arts exhibit at the Watchung Arts Center. For info call 908-753-0190.

### MARCH THRU APRIL 13

PLAINFIELD—Plainfield residents pre-register to receive free government surplus food from 10 a.m. to 12:30 p.m., 2 to 4:30 p.m. evening hours also available on specific days. For more info call 908-753-3519.

### WEDNESDAY, MARCH 15

MOUNTAINVIEW—Second Organization Meeting of the American Heart Association at the Children's Specialized Hospital, Auditorium B at 7 p.m. For info call 908-298-3364.

### MARCH 15, 22, 29

NEWARK—Volunteer Income Tax Assistance program in the Newark Public Library on Wednesdays from 5 p.m. to 7 p.m. For more info call 201-733-7793.

### THURSDAY, MARCH 16

PLAINFIELD—"Own Your Home" public meeting at Rouse of Sharon Community Church, 825 W. 7th St., between 7 and 9 p.m.

HACKENSACK—Training option for high school drop-outs open house from 9 a.m. to 1 p.m. at Bergen County Technical Schools. For more info call 201-343-6000, ext. 3348.

TUNE IN—The American Experience: FDR will air at 8 p.m. on channel 13.

### SATURDAY, MARCH 18

NEW YORK—Manhattan Tap presents original tap dance choreography at the Lincoln Center. For more info call 212-875-0050.

EAST ORANGE—"Media Access Workshop" given by the Garden State Association of Black Journalists at East Orange High School from noon to 2 p.m.

### MARCH 18, 25

NEWARK—Volunteer Income Tax Assistance program Saturdays in the Newark Public Library from 9 a.m. to noon. For info call 201-753-7793.

### SUNDAY, MARCH 19

TUNE IN—"Three Tenors: The Impossible Dream" will air at 4 p.m. on Channel 13.

### BEGINNING MARCH 20

HACKENSACK—English refresher class at Bergen County Technical Schools from 7 to 9 p.m. on Mondays and Wednesdays. For more info call 201-343-6000, ext. 3348.

### WEDNESDAY, MARCH 22

EAST ORANGE—Open Forum on "Unique Schools of Choice: Plans for the 1995-1996 School Year" (an opportunity for parents to ask questions and get answers) at Clifford J. Scott High School Auditorium at 6:30 p.m. For more info call 201-266-5682.

### MARCH 23 THRU JUNE 4

NEW YORK—The Whitney Museum of American Art will present the 1995 Biennial Exhibition. For more info call 212-570-3633.

### NOW THRU MARCH 26

BROOKLYN—Dance Theater of Harlem return to Brooklyn Academy of Music. For info call 212-307-4100.

### MARCH 27, 28

WAYNE—"For Colored Girls Who Have Considered Suicide When the Rainbow is Enuf" production at William Paterson College. For more info call 201-595-2946.

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## NATIONAL NEWS at a glance

### Jesse Jackson may seek presidency in 1996

Accusing President Clinton of not putting up much of a fight against Republican attacks on affirmative action, Jesse Jackson last week indicated that he was considering a third run for president of the United States. According to Jackson, "We will not stand idly by and watch the gains of the last 50 years be lost." During a press conference called to demonstrate the support of feminist groups for affirmative action, Jackson argued that Clinton was not standing firm against the Republicans. He said, "The Republicans just attack and we (the Democrats) seem to be analyzing and reviewing rather than asserting." However, in recent weeks Jackson has signaled that he may seek the presidency as an independent or third party candidate explaining that the "growing conservatism" within both the Republican and Democratic parties was harmful to blacks and other minorities.—WASHINGTON, DC

### Blacks commemorate historic Selma-to-Montgomery march

Hundreds of blacks and other supporters of civil rights last weekend commemorated the historic Selma-to-Montgomery march. The March 7, 1965 demonstration for voting and civil rights for blacks became known as "Bloody Sunday" because of the brutal manner in which Alabama lawmen attempted to stop it. The march was designed to go the 50 miles from Selma, Alabama to Montgomery—the state capital. Among those on hand for the commemoration were participants in the march: the Rev. Joseph Lowery, now President of the Southern Christian Leadership Conference and Congressman John Lewis (D-GA).—SELMA, AL

### Cisneros finds no fault with Farrakhan security firms

Housing and Urban Development Secretary Henry Cisneros told Congress last week that he found no evidence to support allegations that Nation of Islam security guards were recruiting for minister Louis Farrakhan while patrolling housing projects. According to Cisneros, the security firms which get federal contracts were separate from Farrakhan. The housing secretary admitted that his agency's investigation was "somewhat limited" but warned that any further probe would only amount to the "persecution" of the Nation of Islam. Abdul Arif Muhammad, a lawyer for the security firms, said the owners are "acknowledged members" of the Nation of Islam but are separate corporate entities. The firms have an estimated \$10 million in federal contracts to provide security for housing projects throughout the nation.—WASHINGTON, DC

## Northern districts hit by voting rights lawsuits

CHICAGO—Two congressional districts in Chicago are being challenged in federal court by a lawsuit that charges they resulted from "racial gerrymandering."

The lawsuit states, the boundaries of the mostly black 1st District on the South Side and the largely Latino 4th District on the West Side were drawn to guarantee a seat in Congress to members of those minority groups.

The following information are arguments presented for the case:

Have the rights of whites been violated by the creation of these districts? No. White voters are not denied their share of political power. However, even with the enforcement of the Voting Rights Act, minorities continue to be barred from a fair share of political power nationwide.

For example, there are slightly over 8,000 black elected officials. We are 12 percent of the population, and there are 500,000 public office holders. Thus, 12 percent of 500,000 is roughly 60,000 political offices that should rightfully be held by blacks. Eight thousand (8,000) is a mere 1.6 percent of the offices that should be held by blacks if elected on a fair basis.

Latino are 10 percent of the population. In proportional terms, 50,000 of the 500,000 elected offices should

NEW YORK, NY—A Saturday, March 4 national rally to defeat the "Contract with America" drew approximately 3,000 activists to New York City's Cooper Union, where they endorsed a call to proclaim May 6 a "Day of National Protests" against the "Contract" and budget cuts at the federal, state and local levels.

Over one thousand people jammed the Great Hall of Cooper Union to hear speeches by leaders such as Ramsey Clark, Rev. Lucius Walker, Pam Africa, Dennis Rivera, Rev. Alma Faith Crawford, Larry Holmes and William Kunstler, among others. Outside, almost 2,000 people rallied and chanted despite the winter cold.

The National People's Campaign, which sponsored the event, reports that over 1,500 people signed up to become organizers for the May 6 actions. While calling for demonstration and protests all over the country, plans are

for the day to be highlighted by mass marches in New York and San Francisco to endorse the program of Newt Gingrich and the 104th Congress and other representatives in state houses and city halls across the country.

At the top of the rally's agenda was the need to fight racism and the scapegoating of welfare recipients, black and Latino youths, and immigrants.

Ramsey Clark, the former U.S. Attorney General, called on all those threatened by cutbacks and the right-wing ideology of the "Contract with America"—including students, welfare recipients, the unemployed, and people of color—to "mobilize, organize, and take to the streets like the people's movements of the 1960s."

National People's Campaign leader Larry Holmes brought the crowd inside Cooper Union to its feet when he urged them to build a united coalition to "organize the people, bring

them into the streets" and "make the country un governable" if necessary to overturn the "Contract." "The national discussion should not be about eliminating rights," Holmes said. "It should be about expanding rights."

Holmes urged young activists not to put their faith in the 1996 elections. "Many people hoped the election of Clinton would change the situation," he said. "But Clinton let us down." He pointed to the mass demonstrations of the unemployed in the 1930s and the Civil Rights movement in the 1960s as examples of the need for people to take to the streets by the millions to effectively win social change.

Pam Africa, a leader of MOVE organization in Philadelphia, spoke movingly about the case of Mumia Abu-Jamal, a former Black Panther and MOVE activist who was framed and now sits on Pennsylvania's death row. She stated that the death penalty is used against

people of color in general and political activists in particular as a weapon of repression.

Several speakers noted the growing right-wing attacks on affirmative action programs and the rights of immigrants, especially the undocumented from Caribbean and Latin American countries.

Students had an especially strong presence at the March 4 rally. Besides many New York City and State University students, who are threatened with huge cutbacks and tuition hikes, students came from New Jersey, Ohio, Massachusetts, Pennsylvania, Rhode Island, Maryland, Maine, and several other states.

Students from Upsala College in East Orange, New Jersey, called for solidarity in their struggle to keep their school from closing. It's been alleged that on March 2, police attacked a student demonstration there, savagely beating an African American dean who participated in their march.

## Budget

(Continued from page 1)

One expert has estimated that tax cuts enacted since the late 1970s for the richest 1 percent of families cost the federal treasury \$164 billion in 1992—\$188 billion in decreased revenues and \$81 billion in interest on the accumulated debt.

The Reagan Bush fiscal policies which, on the one hand allowed the rich to pay less than their fair share of taxes, on the other hand forced the government to borrow from them to finance the debt—a double bonanza for the rich.

The deficit must be put in perspective. Deficit fixation and attempts to cut the deficit too deeply and too quickly can paralyze efforts to bring about much needed domestic change, drag the economy down, increase unemployment and actually increase the deficit itself.

Borrowing per se is not necessarily bad. Borrowing to buy a house or to fund ones education is different than borrowing to pay off gambling debts or to buy drugs and alcohol. There is an important difference between consumption expenditures and investment expenditures. Additionally, if one takes out a mortgage on a house, then gets a promotion and a significant salary increase on their job, the mortgage payment actually becomes less burdensome.

Therefore, the size of the deficit, in and of itself, is not a drag on the economy. When business does not expand it is because of a lack of demand, not the budget deficit. Thus, if the economy were to become a high growth, high wage, full employment economy, the burden of the deficit would actually decline.

Another argument for deficit

reduction is that the deficit pushes up interest rates. During the 1980s, when the deficit shot up, interest rates remained essentially the same. There is a much stronger link between Federal Reserve policies and rising interest rates.

Perspective also means seeing the deficit in relation to the size of the economy. The sum may be large in 1995, but in 1945, due to the unprecedented size of wartime expenditures, the federal deficit was more than 22 percent of GDP.

compared to roughly 5 percent in 1993.

A rise in unemployment, and the resulting loss of production that often ensues, is far worse drain on an economy than the deficit. In Germany, with the Weimar government's memory of hyperinflation in the 1920s and high unemployment during the Depression of the 1930s—among union members in 1932 it was 44 percent—they chose classic budget deficit reduction policies, instead of govern-

ment spending on public works and an expansion of the money supply. The resulting mass unemployment helped to pave the road to fascism and Nazism.

Obsession with the budget deficit creates even more tragic deficits. Our deficits are also in our rundown infrastructure of roads, bridges, airports, waste disposal facilities, and lack of environmental protection. They are in our failure to combat crime and drugs and in a significant part of a

generation growing up semi-literate, in an unending cycle of poverty. Our deficits are in an educational system increasingly falling beyond other systems in the world, and in the gaps of child-care, health-care and the inadequate housing of tens of millions of Americans. Finally, when Sen. Bob Dole (R-KS) brings up the Balanced Budget Amendment again in the middle of the '96 campaign, readers will be better informed to evaluate his argument.

## DREAMS FOR SALE.

If you've always had the dream of owning your own home, your dream may have just come true. For as little as you're paying in monthly rent and a modest down payment, you could buy a HUD Home. That's right. The U.S. Department of Housing and Urban Development:

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## EDITORIAL

## Plainfield: a dumping ground

If you're wondering why people are wandering aimlessly around the streets of Plainfield, ask the county and state officials who have over the years dumped social agencies and programs in Plainfield. As evidenced by their indiscriminate placing of programs, county and state officials do not care about the destabilization of Plainfield's neighborhoods. It has happened time and time again—on Park and Seventh, on Watchung and 5th, on Evergreen, on Woodland—county and state officials have little regard for the welfare and safety of Plainfield residents. Now county officials are saying they want to take all the County alternative schools located in Westfield, Scotch Plains, Clark Berkeley Heights and Montclair and consolidate them into one facility in Plainfield. Again, this location, the Wardlaw-Harridge Lower School site, is in a stable residential area in the Third Ward.

It is time that all Plainfielders say enough is enough. Plainfield has an alternative school to take care of Plainfield students. Why should they now take on the responsibility for alternative programs countywide?

Why should the taxpayers be held hostage every time a prime piece of property becomes available, trying to buy the property before the county or state purchases it to house one more agency or program?

Plainfielders need to stand up and be counted. We offer this section as a forum for you to express your concerns on the matter. If not, don't continue to complain as you witness the degrading of the Queen City.

## LETTERS TO THE EDITOR:

## A slap in the face of civil rights

Dear editor,

The Urban League of Greater Washington, DC, an affiliate of the National Urban League chose to include U.S. Senator Strom Thurmond in its "Salute to Friends and Partners" at its annual Equal Opportunity Day Dinner. The purpose of the dinner is to recognize work in race relations, including the presentation of the prestigious "Whitney M. Young, Jr. Award for Race Relations."

The "Salute to Friends and Partners" segment of the evening lists over seventy black and white public personalities who have had friendships that they feel have been mutually beneficial. Senator Thurmond was selected by ultra-conservative black radio commentator Armstrong Williams, as someone who has been Mr. Williams' friend and mentor.

Since each local Urban League affiliate has independent governing, neither the Urban League of Essex County nor the National Urban League office was aware of Senator Thurmond's inclusion in the dinner salute until the affair was announced last week.

While I therefore acknowledge Washington, DC's official right to include Senator Thurmond, as president of the Essex County New Jersey affiliate, I wish to express my shock and dismay at this choice.

Many veterans of civil rights remember vividly Mr. Thurmond as a major opponent of civil rights legislation, and an obstacle to improving race relations. And even though his recent political positions may have softened in reaction to the reality of the southern black vote, his recent actions in the Senate suggest that his basic stripes have not changed.

We understand our sister affiliate's need to raise funds and their noteworthy intention to highlight individuals who have tried to overcome racial separation on a personal level.

However, we cannot confuse those attempts, which are made everyday by people of good will, with acts of Congress. Racism is defined as the use of power to deny others opportunity because of their race. The historic manner in which Strom Thurmond has used his considerable power in the United States Senate must be judged as a public, not private act, and cannot be condoned or forgotten, particularly in this climate of renewed attack on social justice.

**Lydia Davis Barrett**  
President Urban League of Essex County

## Defective people don't invent

Dear editor,

Rutgers University President Francis Lawrence's recent "Freudian Slip" only proves "ignorance is bliss." When the President of New Jersey's State University truly believes that blacks are genetically inferior it proves how mis-educated this educator and unfortunately most Americans are.

The next time Mr. Lawrence puts on a pair of shoes I hope he realizes the machine that made those shoes was patented by a black man. If Mr. Lawrence heats his home through steam heat it's because of a black man's invention. When he safely stops at a traffic light it's because a black man invented that device.

I hope Mr. Lawrence never needs open heart surgery, but if he does, I hope he realizes that a black man performed the first successful open heart surgery and the blood plasma process was also contributed by a black man.

Blacks have contributed immeasurably to the world and to America. Those who are ignorant enough to believe that there is something genetically defective in a race of people who have overcome so many obstacles, and without whose presence in America would have put this country years behind in her technological advances, need a serious dose of reality. Their obvious lack of knowledge as to the many contributions of blacks is clouding their minds.

Mr. Lawrence, how could a people who have invented such ingenious items as the traffic light, a shoemaking machine, a process for preserving blood plasma and many, many others be labeled defective???

**Henry Paden**  
Parent Coordinator of Irvington Board of Education

## CITY NEWS

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## AS I SEE IT...

by Connie Woodruff

Last week the Newark Mayor's Commission on the Status of Women held the third annual Women's History Month luncheon to honor Unsung Heroines for their outstanding community service over the course of many years," as observed by Trish Morris Yamba, commission chairperson.

Among the women cited were Virginia Morton, a former pioneer among female trade unionists and now an avid community activist; Democratic party leader; Nilsa Soriano of the North Ward (Newark) Center; Anna Smela, an advocate group leader of the Ironbound Senior Center; Sister Guadalupe Nieto of the Hispanic Development Center for the Central Ward-based New Community Corp. and Rose Pearson, social services coordinator for the Newark Housing Authority.

The Commission actively interacts with high school students, encouraging a "stay in school atti-

tude," programs for pregnant teens, and two years ago established a scholarship to be presented to a college-bound graduate on an annual basis. This year's scholarship was awarded to Tamara Mitchell, who will graduate from Shabazz High School this June.

In addition to Morris Yamba, other officers include Heather McLeod, historian, Avis Butler-Thomas, secretary, Shirley Cook, treasurer and Ederle Peterson, parliamentarian.

Members, representing Newark's five political wards were Fran Adubato, Commissioner Gloria Cartwright, Brenda Beavers, Michelle Munst, Esq., Jessica Hill, Estelle Lucas, Edith Mae Livingston, Clara Little, Betty McGovern, Isabel Costa, Shirley M. Ward, Pamela Irvin Fields, Carol Robinson, Blonnie Watson, Rose Marie Sardo, Esq., and Dolores Henry-Metz, assistant to Mayor Sharpe James and his designated liaison to the Commission.

People familiar with Newark

politics in general and how the city's energetic, innovative "hands on" mayor in particular, will be pleased to note that in acknowledging the "tremendous work the women are doing in Newark," Mayor James congratulated the commission for meeting the challenge of responding to issues concerning women and families. "With little direction from me...and becoming a resource for many Newark women in a short period of time, including extending their services to helping Newark students in their higher education endeavors."

Nice going, Mayor. Solving Newark's problems is not a one-gender operation.

In fact some other folks are getting women together to tackle a lot of problems. This weekend (March 17 & 18) Councilwoman Mildred Crump and the men on the city council will support a conference offering guidelines to empower African-American and Hispanic women in the 21st century.

The public is invited to the Robert Treat Hotel (for free) to hear national and local experts on welfare reform, education, health, economics, politics and grassroots organizing. Sessions will run from 9:00 a.m. to 4:00 p.m. each day.

/// We join our good friend, Florence (Flo) McIntyre in mourning the death of her husband, Carl, one of Newark's beloved "swing era" musicians. Flossie and Carl were both products of the years when an unprecedented number of young Newarkers found fame and fortune in their own backyards as comedians, singers, dancers and musicians in Newark nightclubs.

Carl and Flossie were hospitalized at St. James Hospital at the same time. When he died, burial arrangements by Whigham Funeral Home were put on hold until she was dismissed. Friends were urged not to mourn Carl's passing but to celebrate his life. And what a life it was. See **CONNIE** page 10

## Thumbs down to the balanced budget amendment—an appropriate fate

by Martha A. McEneaney

Hats off to the U.S. Senate for giving an eleven-hour thumbs down to the current version of the balanced budget amendment. The vote indicates the Senate was rightfully insistent that any proposed balanced budget amendment should not include the Social Security trust funds. Proponents, in casting their votes, were equally insistent that the amendment just couldn't work without those trust funds.

Congress has long been looking for a way to get its hands on the trust funds as a quick means of deficit reduction. Fortunately, there were enough supporters of the hugely successful anti-poverty program that just couldn't agree to its demise.

The proposed constitutional amendment would have relied heavily on the annual tax pluses of the Social Security trust funds—payroll taxes paid by working Americans—to rescue Congress from its budgetary mess. In reality,

including Social Security in the balanced budget amendment is a charade which delays balancing the budget until after 2013, because Social Security receipts will continue to generate a surplus until that time. That surplus would have been used to mask the general fund deficit. So proponents weren't, in fact, voting to balance the budget.

They were instead voting to continue this charade and continue deficit spending by using the trust funds to mask the deficit. It is not only an inappropriate use of the trust funds, it is also a grossly inequitable way to finance deficit reduction, since the regressive payroll tax favors upper income taxpayers at the expense of lower and middle income workers and younger workers.

American workers invested in their future, and contributed their fair share from their wages. Independent and other administrators have reaped the burden of the general fund deficit on the shoulders of Social Security beneficiaries. It's a back door way of using the Social Security

trust funds to reduce the deficit, thus avoiding the unpopular tax increases that might otherwise be necessary.

The unique nature of Social Security makes it the only program which deserved to be off the table. The search should continue for ways to get spending in the government's general revenue budget under control. Raising the Social Security program, as many Senators realized, isn't a permanent solution. As lawmakers also recognized, any version of the balanced budget amendment that didn't exclude Social Security shouldn't be approved.

The unique nature of Social Security makes it the only program which deserved to be off the table. The search should continue for ways to get spending in the government's general revenue budget under control. Raising the Social Security program, as many Senators realized, isn't a permanent solution. As lawmakers also recognized, any version of the balanced budget amendment that didn't exclude Social Security shouldn't be approved.

The courageous members of the Senate who voted to prevent Congress from using the Constitution to legitimize their continued abuse of Social Security trust funds. We owe them a great deal of gratitude.

Martha A. McEneaney is president of the National Committee to Preserve Social Security and Medicare.

## THE PASTOR'S WORD

## Rebuilding the Newark school system

by Rev. Reginald Jackson and Raiford Wheeler

The State Department of Education is seeking, through the courts, to expedite take-over of the Newark school system. This action has been a long time in the making. Since the administration of Governor Richard Hughes, the Newark public schools have been the subject of controversy.

This controversy has been centered around the Newark schools' inability or failure to provide a thorough and efficient education to its students.

For the last 17 years, at least, the Newark public schools have been in decline. In fact, the Newark public schools have not been certified since the state began certifying school districts.

A majority of its students fall into the category of low income, its facilities are in disrepair, teachers and students don't have materials and supplies needed, patronage and largesse are rampant and this is only the tip of the iceberg.

The Newark public school system is really an embarrassment. At the height of the investigation of the school system, members get new cars, travel on junkets, wine and dine in restaurants and other perks at taxpayers' expense.

The sad reality is that the Newark public schools are not really operated by the majority population of the city, who hold most of the administrative positions and seats on the board of education, but the power brokers primarily in the North and East Wards. Those who hold positions of authority simply do their bidding.

Nothing, absolutely nothing is more important than the quality of education for our children. Without a quality education they are most likely to continue the cycle of

dependency, poverty and despair prevalent among us today.

Our hope for them ought to be that their lives are better than our own. That they have every opportunity to be the best they can possibly be. Yet, this is being taken from them, being denied because of the failure to get a quality education.

Typically, with all the abuse, corruption, mismanagement and waste in the Newark public schools, most of the city leadership is fighting the take-over of the public schools.

They, along with the Newark Board of Education have been actively campaigning to block the take-over. To date, the board has spent \$1 million trying to stop it.

To argue against the take-over, they use the state's take-over of the Jersey City and Paterson school district, stating little has changed in those districts.

Yet, they can give you no reason why the state should not take over Newark. Furthermore, we will not see a big difference in Jersey City and Paterson until we look at the result of the students who began in the 1st grade and went through the 12th grade.

We do not live in Newark, but we have members of our congregation who live and work in Newark and students who attend the Newark public school.

It is our wish that they get a good quality education. Therefore, we support and urge the state to immediately take-over the Newark public schools. But we also urge the state and Newark to consider the following proposal:

1) The administrative leadership that is state funds needs to be replaced, be removed.

2) All members of the Board of Education, except three of the state's choosing be removed. We recommend the last three be newly

elected board members (not re-elected members)

3) The state appoint an African-American executive superintendent and other administrators from the metropolitan area, who have no current relationship with the Newark public schools. There are excellent educators in this area who could lead the school system.

4) That six members from Newark, of which three must be parents, be appointed by the state. The state is urged to consult with various segments of the Newark community prior to appointments. No one presently involved with the city government or school system should be considered.

This proposal removes the current leadership of the district and

yet retains community leadership. People who know the community and who the community knows, would give stability and credibility to the school system.

Newark has some very good teachers and staff who unfortunately have been stigmatized by the controversy surrounding the schools. This would increase their morale and give them renewed incentive as well as the city at large, the biggest beneficiaries would be the children of the district.

It is our hope that the city leadership, business community and clergy who have remained neutral, back this proposal and avoid an unnecessary and bitter fight to save the status quo which is losing our children.

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# YOUTH BEAT

## KIDS CALENDAR

### ATTENTION

**WESTFIELD**—Registration for Camp Hooper for girls grades 2-12 takes place at the Washington Rock Girl Scout Council. For more info call 908-252-1036.

### MARCH 15-21

**LONG ISLAND**—Ringling Bros. and Barnum & Bailey Circus will appear at the Nassau Coliseum. For tickets call 201-587-8800 or 212-367-7171.

### MARCH 15, 26

**PLAINFIELD**—Game Day at Plainfield Public Library for youth 5 and up at 3:30 p.m. For more info call 908-757-1111.

### MARCH 16, 23, 30

**PLAINFIELD**—Plainfield Public Library will show films at 3:30 p.m. For more info call 908-757-1111.

### SATURDAY, MARCH 18

**WESTFIELD**—Educational and hands-on work shops offered by the Union County 4-H Youth Program for children ages 7 to 12 from 9:30 a.m. to 2 p.m. at Rutgers Cooperative Extension of Union County. For info call 908-454-9854.

**PLAINFIELD**—"Cooking with Noodles" program for youth 12 and up at the Plainfield Public Library at 2 p.m. **YOU MUST REGISTER.** For more info call 908-757-1111.

**FLEMINGTON**—Spring Craft show at the Hunterdon County Extension Center from 10 a.m. to 4 p.m. For more info call 908-369-4164.

**PLAINFIELD**—Try-outs for the Plainfield Babe Ruth Baseball League for boys and girls ages 5-15, at Mt. Campbell Field (E. Third St.). For more info contact Greg McCray at 908-756-1466 or Jeanette Goodson at 201-740-4040.

### MARCH 18, 19, 25, AND 26

**SOUTH AMBOY**—"Peter Pan and Captain Hook" will be performed at Club Bene at 2 p.m. For more info call 908-727-3000.

### NOW THRU MARCH 19

**WESTFIELD**—The Girl Scouts is holding its annual Nut Sale. For more info call 908-232-3236.

### MONDAY, MARCH 20

**PLAINFIELD**—Livia Student Meeting at the Plainfield Public Library from 7 to 8 p.m. For info call 908-757-1111.

### TUESDAY, MARCH 21

**PLAINFIELD**—After school stories for youth 4 to 12 at the Plainfield Public Library at 3:30 p.m. For more info call 908-757-1111.

### WEDNESDAY, MARCH 22

**PLAINFIELD**—Charades at Plainfield Public Library at 3:30 p.m. For more info call 908-757-1111.

**PLAINFIELD**—Langston Hughes Lecture Series presents "She Does Not Know Her Beauty" music and dance program at the Plainfield Public Library from 7 to 9 p.m. For more info call 908-757-1111.

### MARCH 23 THRU APRIL 30

**NEW YORK**—Ringling Bros. and Barnum & Bailey Circus will appear at the Meadowlands Arena. For info call 201-507-6900 or 212-367-7171.

### MARCH 24 - 26

**WATCHUNG**—"The Lives and Tales of Dr. Sues" will be performed at the Watchung Arts Center at 8 p.m. and matinees at 2 p.m. on Saturday and Sunday. For more info call 908-753-0190.

### FRIDAY, MARCH 24

**WESTFIELD**—Ceramic Painting workshop for youth ages 7 to 12 at the Union County 4-H office from 7 to 8:30 p.m. For more info call 908-654-9854.

### MAARCH 24, 31

**PLAINFIELD**—Little People Storytime at the Plainfield Public Library for youth 5 and under at 11 a.m. For info call 908-757-1111.

### SATURDAY, MARCH 25

**SUMMIT**—Comic Book Workshop for children ages 9 to 12 with comic artist Rich Hadden at 10 a.m. at The NJ Center for Visual Arts. For info call 908-273-9121.

**JERSEY CITY**—"Math Strategies for Grades 5-8" workshop Saturdays at Jersey City State College. For more info call 201-200-3069.

**NEWARK**—"Hooray for Children Program: The Great Circus Mystery" will be at Centennial Hall a 2 p.m. For more info call 201-733-6642.

**JERSEY CITY**—"Saturday Art Workshop: Fantasy Furniture" at Jersey City State College from 9 to 11 a.m. For more info call 201-200-3069.

### NOW THRU MARCH 26

**NEWARK**—Newark Teen Arts Festival at the Newark Museum. For more info call 201-596-5186.

### TUESDAY, MARCH 28

**PLAINFIELD**—Family Net Meeting from 9:30 a.m. to 9 p.m. at the Plainfield Public Library. For more info call 908-757-1111.

**PLAINFIELD**—Spring Stories and Craft at 3:30 p.m. for youth 8 to 12 at the Plainfield Public Library. For more info call 908-757-1111.

## Young Democrats hold youth summit

**NEWARK**—The Essex County Young Democrats (ECYD) are sponsoring a program entitled "Youth Summit I" on Saturday, March 18.

The program scheduled to run from 9 a.m.-5 p.m. at the West Ward Boys and Girls Club in Newark will be open especially to young Essex County residents between 16 and 25 years old.

Government officials, community activists and private sector representatives will discuss job development and apprenticeship programs for young adults; economic develop-

ment in Essex County and its impact on youth; and practical advice on obtaining employment. There will be a special emphasis on the needs of young adults from urban areas.

Unfortunately, the concerns of young adults are often overlooked, while the needs of the elderly, taxpayers, and others receive great attention," said Ronald Rice, Jr. ECYD president. "We must remember, there can be no true renaissance in Newark or Essex County without the participation of young people. They represent the future of Essex County."

## Donations sought for Davis Fund

**PLAINFIELD**—Relatives and friends of the late Kimberly T. Davis of Plainfield are once again holding fund-raisers to benefit the Kimberly T. Davis Scholarship Fund, established in Davis' memory.

The fund gives monetary assistance to a graduating senior at Plainfield High School who is pursuing a degree in the Allied Health field, the same field Davis was to pursue upon graduation from high school.

In June 1993 the Fund awarded \$300 scholarship awards to two graduating seniors. In May 1994 four awards of \$250 each were presented.

Individuals interested in sharing additional fund-raising projects, being part of the fund-raising group or making a donation, please contact the Scholarship Fund at Plainfield High School c/o Kimberly T. Davis Scholarship 950 Park Avenue Plainfield, New Jersey 07060.



## Art from the motherland

**ELIZABETH**—Union County Freeholder Walter McLeod, (2nd from r), and his wife Mary, (l), both dressed in African clothing, brought various artifacts from Western Africa to show the students at Roosevelt School, Rahway, during Black History Month. Students from Paula Braxton's (c) kindergarten class helped display the art. From right are Sarah Marable, Heather Heany and James Miklasz, and 1st-grader Timothy Oguntowora. At right is Principal Art Lundgren. Photo courtesy of Union County Freeholders

## BOOKWORM & THE AFROCENTRIC KIDS™

Continued from last week



story by Greg Marshall  
script by Doreen Bradley

TO BE CONTINUED...  
Look for BOOKWORM & THE AFROCENTRIC KIDS™  
next time! Now begins reading with her sticky situation!

## Potential artist recognized

**ELIZABETH**—Jasmine Wadley of Elizabeth, a Kindergarten student at Roosevelt School, received a resolution from the Union County Board of Chosen Freeholders for winning third-place in the New Jersey Division of Consumer Affairs Halloween Coloring Contest. "It's great to see our youngsters participating in contests and projects," said Ed Force, Freeholder liaison to the Union County Consumer Affairs Advisory Board. "It keeps their minds sharp and maybe one day she will work for us." Jasmine's mother, Sonia, is employed by the Union County Department of Human Services.



Jasmine Wadley Photo courtesy of Union County Freeholders

## YMCA hosts healthy kids day and mentoring program

**EAST ORANGE**—YMCA Healthy Kids Day is a nationwide celebration of youth and family health and fitness. The goal of the day is to teach children and their families how to adopt a healthy lifestyle and to improve the health of their communities.

The event will be held on Saturday, April 1 at 100 N. Arlington Avenue and Rowley Park (directly across the street) from 12 until 4:00 p.m. Activities will include health screenings, fitness test, volleyball tournament, special guest, camp and summer activities sign-ups, games, fun, entertainment and other health resource information.

Healthy Kids Day is a priority for the YMCA, which is the nation's leader in affordable, community-based health and fitness programs, youth and community development programs, child care and after-school programs. The day gives families an opportunity to

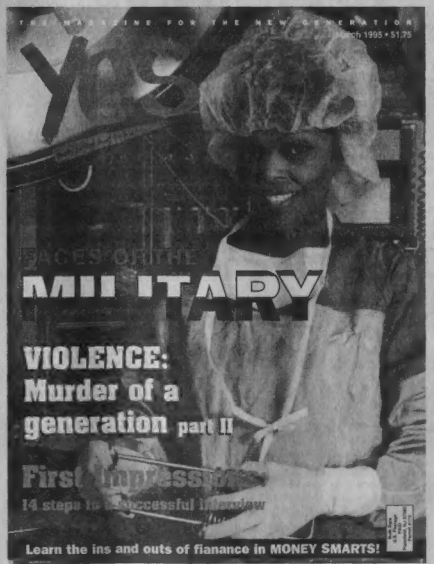
spend time together and enjoy themselves, and is an outgrowth of the work that the Y does all year long. Rain date for the event is Saturday, April 8 at the same time.

Also, the East Orange YMCA is currently accepting applications for its Black Achievers Program. The Program is geared toward African-American and other minority youngsters to help them set high educational and career goals.

African Americans and other minorities who have achieved career excellence are used as role models for students in grades 2 through 12.

The programs features college and Corporation visits, recognition/awards ceremonies, heritage classes and ACT/SAT preparation work shops. For an application or more information on Healthy Kids Day, please call the YMCA at 201-673-5588.

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## Religious Calendar

MARCH 17-19

LINCROFT—Pegasus Production Company of Christian Brothers Academy presents "Joseph and the Amazing Technicolor Dreamcoat" at 8 p.m. (matinee at 2 p.m. on 19) at the Henderson Theatre. For more info call 908-758-1118.

SUNDAY, MARCH 19

NEWARK—Bethany Baptist Church will host the New Jersey Symphony Orchestra's jazz string quartet, Quartette Indigo, at 3 p.m. For more info call 201-624-3713 or 1-800-ALLEGRO.

MARCH 23-25

LINCROFT—Pegasus Production Company of Christian Brothers Academy presents "Joseph and the Amazing Technicolor Dreamcoat" at 8 p.m. at the Henderson Theatre. For more info call 908-758-1118.

## Reverend Jackson honored for 15 years at St. Matthew A.M.E.



Rev. Reginald Jackson

ORANGE—The Rev. Reginald Jackson will be honored for 15 years of service at St. Matthew A.M.E. Church in Orange on Friday, April 28 at the Newark Marriott Hotel. In addition to the anniversary, Rev. Jackson will be celebrating 25 years in the ministry. Rev. Jackson was appointed as pastor of A.M.E. in 1980. In 1983 the 200-member congregation completed the building of a new church. Today, the congregation has grown to 500. Tickets for the gala tribute can be purchased from the church by calling 201-678-1217.

## St. James A.M.E. honors Pastor Watley

NEWARK—On Sunday, March 19, at 3:00 p.m. the congregation of St. James A.M.E. Church and the community will honor Rev. William D. Watley for ten years of service as Pastor of the Church and leader in the community.

In an appreciation service the leadership of Rev. Watley will be celebrated in a ceremony entitled, "Reflections of a Decade."

According to Brother Frank Woods, vice chairman of the Steward Board and chairperson of the event, "During the last ten years, Rev. Watley with his love for God, has demonstrated exceptional organizational and leadership skills. He has accomplished many great things at St. James A.M.E. while performing community services in Newark and asserting leadership in the corporate world and the political life of the city and state."

Rev. Watley's work combines a mix of church leadership, community leadership and service, scholar-

ship, national and international religious leadership, and recently, public life as he emerged as one of the chief spokespeople for the black churchmen in New Jersey.

At St. James, Rev. Watley has inspired church members to renovate and broaden the ministry of the Church and to embrace the people in the neighborhood in which St. James is located.

Under his leadership the Church has established feeding and clothing distribution programs, a back to school shoe giveaway, an after-school homework program, an adult basic education program and Child Assault Prevention Program. The Church also continues to own and manage St. James Towers housing complex.

In addition to the programs it sponsors, the Church is a meeting place in the community for many groups including Narcotics Anonymous and Alcoholics Anonymous.

Rev. Watley's dream of build-

ing St. James Preparatory School, a high tech college preparatory school tied to the community and offering young people an excellent preparation for success in their careers, family and civic lives will soon become a reality. The school is slated to open in September of 1996.

The Rev. has been quoted as often saying, "In the A.M.E. Church, and at St. James, we are conservative in our theology and radical in our quest for social justice."

This quest for social justice has led not only to the programs and activities described above, but also to Rev. Watley's work with the National Council of Churches of Christ, of which he is vice president for Unity and Relations. This work has taken him around the world to Europe, Africa, Asia and the Middle East to bear Christian witness to the lives of people who are struggling.

The public is invited to attend. For more information, please call the church at 201-622-1344.

## East Orange kicks off anti-violence campaign

### Memorial service remembers 142 residents



Pictured (l-r) Elaine Norris, president of Ampere Neighborhood Preservation Program; Mayor Cardell Cooper; and Juanita Mohammed, member Ampere Neighborhood Preservation at the recent church memorial service for victims of violence. Photo by Holmes Photography.

EAST ORANGE—Mayor Cardell Cooper, Police Chief Harry Harman, private citizens and religious leaders have a unique anti-crime program aimed at preventing violence among East Orange's youth.

One neighborhood group, the Ampere Preservation Program (ANPP), has also joined forces with religious institutions, the police department and the school district to combat youth violence and crime in the city's fifth ward neighborhood.

On Sunday, February 19, a special memorial service was held to kick off the "Stop The Violence—Unity In The Community" campaign at the Park Avenue St. John's United Methodist Church. The program, led by Reverend Edward Carly, was dedicated to the memory of the 142 East Orange residents whose lives were lost to violence within the last ten years.

In attendance at the service were Assemblyman Lefroy J. Jones, Jr., East Orange High School Principal Dr. Stephen Cowan, Fifth Ward Councilwoman Mary Patterson, Bishop Ernest Oliver, Jr., chaplain of the

East Jersey State Prison and his Sacred Straight Program.

Mayor Cardell Cooper said this initiative is a city-wide effort to address the issue of crime and drugs among its citizens.

"One violent act is one too many. We all share a deep concern regarding the issue of crime, violence and drugs in our community. If we are to be successful in the battle to address and eradicate the ills that affect the quality of life for our families and neighbors we must join together as a cohesive community. We are calling upon the participation of every segment of our community, including religious, education, government and business," said Mayor Cooper.

Knadya May, neighborhood preservation coordinator for the city said that while campaign will begin in the Fifth Ward Ampere area, it is anticipated to be implemented in other neighborhoods throughout the city.

"Upcoming events include an evening basketball program, an essay contest, a gun amnesty program as well as workshops focusing on conflict resolution."

Get ready for Spring Cleaning...Let's Sweep Newark Clean of Guns!

## Newark Gun Amnesty and Buy-Back Program

Exchange Guns for Cash  
March 13th thru March 31st  
from 10:00 a.m. to 4:00 p.m.  
(weekdays only)



CASH PAYMENT SCHEDULE	
SHOTGUNS & RIFLES .....	\$25.00
REVOLVERS & PISTOLS .....	\$50.00
AUTOMATIC PISTOLS .....	\$75.00
ASSAULT WEAPONS .....	\$75.00
(No payment for BB or Pellet guns)	

### TURN-IN SITES

East District .....	733-6190
West District .....	733-6060
North District .....	733-6080
South District .....	733-6070
T.A.R.G.E.T. TEAM .....	733-6128

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at Large

GARY HARRIS  
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at Large

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Ana Ortega-Laboy

"Now my son and I live in a wonderful neighborhood. I feel very, very happy to own my home."



## ARTZ WEDNESDAY

## BILLBOARD

## WEDNESDAYS

**NEW YORK**—Amateur Night at the Apollo, at 7:30 p.m., featuring "Skip-It To The Max" audience participation, special guest hosts and ticket giveaways. For more info call 212-684-0372.

## MARCH 13 - 18

**NEW YORK**—pianist Jane Jarvis and Frank Tate will be at Zino Bar and Restaurant. For more info call 212-924-6182.

## THURSDAY, MARCH 16

**WESTBURY**—Harry Belafonte comes to the Westbury Music Fair at 8 p.m. For info call 516-334-0600.

**NEWARK**—Evening Coffee House, featuring the vocals of Jasmine from 6 to 7 p.m. on the Second Level Forum of Essex County College.

## MARCH 17 THRU APRIL 9

**METUCHEN**—"Two By Two" a play about Noah's Ark will be at the Forum Theatre at 9 p.m. (Matinee available Wed. and Sat.) For more info call 908-548-0582.

## SATURDAY, MARCH 18

**NEW YORK**—Live jazz and tap dance, featuring the Harbord Trio, at Alice Tully Hall from 8 to 11 p.m. For info call 212-721-6500.

**SOUTH BELMAR**—Classic Jazz featuring Sonny Rhodes & Johnny Clyde Copeland at Jassons at 8:30 and 11 p.m. For info call 908-681-1416.

**NEW YORK**—Little Buster & The Soul Brothers will appear at Manny's Car Wash. For more info call 212-369-BLUES.

**SOUTH ORANGE**—The Spelman College Jazz Ensemble concert will perform at South Orange Middle School. For info call 908-754-5625.

## MARCH 21 - 23

**NEW YORK**—Manny's Car Wash 5th Anniversary celebration featuring Johnny Allen. For more info call 212-369-BLUES.

## THURSDAY, MARCH 23

**WESTBURY**—Russ Freeman and The Rippingtons and the Yellowjackets (Jazz) at Westbury Music Fair at 8 p.m. For more info call 516-335-0600.

## Wayans is Major Payne

LOS ANGELES, CA—Comedian Damon Wayans stars as Major Payne, in the hilarious adventure, which also stars *Fifth Prince of Bel Air*'s Karyn Parsons and a battalion of junior cadets. A nationwide search was conducted to find the young cadets.

Major Payne is the story of Major Benson Winifred Payne, a gung-ho career Marine. Now, after a lifetime of assignments that have taken him to the ends of the earth, into hell and beyond, he faces his greatest challenge—the lowly Junior R.O.T.C. of Madison Academy. Adjusting to the civility of private life has its pitfalls for the one-time killing machine.

Last-place finishers in the Virginia Junior Military Games eight years running, the J.R.O.T.C. are a miserable lot: a mixture of youngsters, some undisciplined, most uninterested and all with special needs. Protecting those needs is Dr. Emily Walburn (Parsons), who is

willing to stand up to Major Payne's handling of the children at every turn.

Undaunted, the resolute Payne sets out to fulfill a mission—to take first place in the games, while molding his young charges into a crack unit of junior warriors and mini-Paynes.

Their self-appointed mission is to do everything possible to get rid of him. The immovable object has just met the irresistible force. The king of the mountain has just met the bottom of the barrel. Then, however, unexpected events turn matters inside-out, and Major Payne has to meet life—and a woman he is actually falling for—in a way he never did before... As a human being.

The Universal Pictures presentation is directed by Nick Castle, from a screenplay by Wayans and Dean Lorey, based on the Academy Award-nominated *The Private War of Major Benson*.



Dr. Emily Walburn (Karyn Parsons) attempts to make Major Payne (Damon Wayans) realize that there is more to life than the Marines. Photo by K.C. Bailey

PSST...  
What's the word?■ Take a  
New Jersey Drive

After an explosive debut with his critically acclaimed *Laws of Gravity*, Nick Gomez returns to the urban streets to explore the lives of a group of teenage boys stealing cars and joy-riding. Dealing with the gritty realities of their environment, families and police, *New Jersey Drive* follows the daily existence of Jason Petty (Sharon Corley) and his crew, Midget, P-Nut, Ronnie, Tony and Ritchie, whose friendships are made intense and volatile as they get in deeper trouble with the law. The film also stars Saul Stein (Rescue), a cop who oversteps the boundary of doing his job and abusing his privileges and his partner (Sean Squire), who is torn between supporting his turbulent community and upholding the law.

■ *Tranexy Pictures* brings you *New Jersey Drive*, a Forty Acres and a Mule Filmworks production, executive produced by Spike Lee and directed by Nick Gomez. Release date is scheduled for March 29.

## ■ Rush is "Phat!"

As always, Russell Simmons and the folks at RUSH Communications are takin' care of business—and in a large way. Latest on the RUSH front: hot new recording acts under the RAL/Del Jam label include Warren G and South Central Cartel. Also, keep an eye out for a new ad campaign created by Russell, for his clothing label Phat Farm. Commercials will soon begin airing on MTV, ESPN, TBS, TNT and The Sports Channel.

■ Feeling The  
Spirit hits stores  
near you

Feeling the Spirit, an extraordinary coffee table book by esteemed photo-journalist Chester Higgins Jr. Higgins tells the story of a people—by capturing the fierce dignity, enduring traditions, and empowering spirituality that live in all men and women of African descent throughout the world.

Published by Bantam Books last October, the book combines more

than 240 photos with evocative essays by Higgins that share the findings of his travels around the world. A ground-breaking book that is sure to become a classic of photographic storytelling, *Feeling the Spirit* paints a vibrant collective portrait of the African identity.

## ■ He's B-A-A-C-K...

Professor Murphy? That's right. Eddie Murphy Productions is currently working on a remake of *The Nutty Professor* in which Eddie will star. He will play several characters (remnants of the blockbuster hit "Coming To America.")

## ■ The Shark Bar...

Drop by "Hollywood East," at 307 Amsterdam Avenue and catch a great meal, fantastic ambience and maybe a star or two, or three at The Shark Bar. The happenin' restaurant continues to be the local hang-out for celebrities such as Wesley Snipes, Alfre Woodard, Tom Brokaw and Snoop Dog. NBA stars from around the country who are visiting the Big Apple are also regulars.

## Zooman

PASEDENA, CA—SHOW-TIME will exclusively premiere *Zooman*, a hard hitting drama starring Louis Gossett Jr. and Charles Dutton, in conjunction with the cable industry's "Voices Against Violence" week (March 19 thru March 25). The film co-stars Cynthia Martells, CCH Pounder, Hill Harper and Khalil Kain in the title role of *Zooman*. Leon Ichaso (Sugar Hill) directs from a screenplay by Pulitzer Prize winning playwright Charles Fuller.

*Zooman* is the story of one man's search for justice in a Brooklyn neighborhood. When his father is murdered in a gang-related shooting by a young, tough kid named *Zooman* (Khalil Kain), Reuben Tate (Louis Gossett, Jr.), a

city bus driver and former prize fighter, is frustrated by the apathy of his neighborhood and their fear of coming forward as witnesses.

Together with his estranged wife Rachel (Cynthia Martells), teenage son Victor (Hill Harper), a stubborn cousin Ash (CCH Pounder) and hot-headed cousin Emmett (Charles Dutton), Reuben struggles to deal with the senseless reality of his loss.

Reuben eventually hammers a sign to his front porch that reads: "The killer of our Jackie is free on the streets because our neighbors will not identify him." The sign antagonizes everyone, guilty or not, and some of the neighbors threaten their own violence if Reuben does not remove the sign.

## Hungry child

(Continued from page 1)

times and it will change again. I just have to do what I need to do to help the kids."

"We have a large free and reduced lunch program for our children. Because of the number of children below or at poverty income levels it is critically important to have a food system with balanced nutritional food," stated Fyfe.

In a letter to fellow school superintendents Trenton's superintendent of schools, Dr. Bernice Venable urged them to fight the proposal.

"...It enacted, H.R.4 (Personal Responsibility Act) will eliminate the National School Lunch and Breakfast, the Summer Food Service, the Child and Adult Care Food and USDA Commodity Distribution Programs. The Trenton Nutrition Program [alone] will lose \$658,000 in funding. Approximately 40,000 schools and 10 million children may be dropped from the school lunch and breakfast programs. Please join me in contacting members of New Jersey Congressional Delegation to urge them to vote "no" on this measure."

Dr. Venable also wrote another letter addressed to 13 New Jersey legislators. In this she stated reasons why the nutrition program should not be eliminated and again urged them to fight the proposal.

"...It is my understanding that the Child Nutrition Programs are slated for consolidation into a \$35.6 million State Block grant of nutrition programs under the PRA portion of the Contract with America...The Trenton Public School District strongly supports the school meal programs and we ask that school-based nutrition programs be dropped from the Welfare Reform Block Grant for the following reasons..."

■ School Meal Programs are not welfare programs...it is a national priority that we offer nutritious affordable meals to children.

■ The subsidies for the paying child should be maintained...The loss [of money] will have a detri-

mental effect on the availability of the program to our needy students.

■ School meal programs should retain entitlement status. Making funding subject to the annual appropriations process undermines and jeopardizes the program.

■ Child Nutrition Programs are effective. Studies demonstrate that children who are hungry are often sick, absent from school, and have a more difficult time concentrating in class...

When asked how their districts have fared under the Whitman administration, the officials all noted that not much has been done for urban school districts since Whitman occupied office.

"Not much money has been received, we could use more to help the kids but you never know with politicians...I am not concerned about what Whitman or Congress will do and what they won't do. I can't holler and scream now because

when they [elected officials and voters] should have bolstered two years ago they didn't. I can't say we got any more funding under Florio than Whitman," stated Howard.

Plainfield's acting superintendent Dr. Fyfe stated that under the Whitman administration his district only got a fraction of what was required for funding.

"I think this year we got about one-third of what would be required to bring us up to parity and we are not sure that the Whitman administration is going to make book on supplying those additional funds."

In large measures, the Whitman administration has reduced commitment to urban education. One specific example is the reluctance to fully fund or bring up to parity the spending levels of urban schools.

"In reference to the nutritional program, it is very difficult to teach a hungry child so I urge that parents and people in the school systems fight vigorously any changes that would affect the availability of nutritious meals for our children."

Funky  
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# BUSINESS

## Business Calendar

### WEDNESDAY, MARCH 15

JAMESBURG—"10 Things Every Woman Should Know About Saving For Her Child's Education" seminar at the Fongate Country Club from 5:30 p.m. to 7:30 p.m. For more info call 1-800-UJB-3259.

### MARCH 15, 16

MIAMI—"World of Opportunity: Solutions for Minority Entrepreneurs" seminar. Sponsored by the American Association of Minority Businesses, Inc. For info call 1-800-381-2292.

NEW BRUNSWICK—New Jersey Software Industry Fast Track Conference at the Hyatt Regency from 9 a.m. to 5:30 p.m. For more info call 201-596-1630.

### THURSDAY, MARCH 16

BRIDGEWATER—"Proven Techniques to Get Business" breakfast seminar at the Jack O'Connors Beef and Sausage Restaurant from 7:45 to 9:30 a.m. For more info call 908-725-1552.

### SATURDAY, MARCH 18

NEWARK—Seminar for Minority Entrepreneurs at Essex County College from 9:30 a.m. to noon.

### MONDAY, MARCH 20

PRINCETON—Fourth annual Trade and Technology Forum and Exposition at the Princeton Marriott Hotel from 9 a.m. to 6 p.m. For more info call 609-520-1776.

HACKENSACK—"Writing a Winning Resume" seminar at Bergen County Technical School from 7 to 9 p.m. For info call 201-343-6200, ext. 3345.

### WEDNESDAY, MARCH 22

HACKENSACK—Spring Business Expo '95 from 10 a.m. to 5 p.m. at the Hackensack Price Club. For more info call 201-487-0192.

NEWARK—Free Small Business Administration Community Assistance Seminar from 8:30 a.m. to noon at Newark City Hall. For more info call 201-733-8527.

### THURSDAY, MARCH 23

NEWARK—Regional Business Partnership's "International Business Over Breakfast: Forgoing Trade Links in Israel" at the Newark Club. For more info call Eric Vicioso at 201-242-6237, ext. 223.

# Is black leadership bankrupt?

by William Reed

Blacks in American cities and institutions are finding out in the 1990s that blacks who were in major roles during the civil rights struggles of the 1960s and became leaders of black-city institutions in the 1980s, are facing bankruptcy in their operations and questions of their leadership.

Washington, DC, Mayor Marion Barry, for example, is a former civil rights activist who is now at the helm of a city that has a three-quarter of a billion dollar deficit and is teetering on the brink of bankruptcy.

Although re-elected with much glorie among the city's predominantly African-American population to his fourth-term as mayor of the nation's capital, after being out of that office one term and enduring a six-month prison sentence, Mayor Barry is now confronted with many financial mishaps that had their beginnings during his earlier administrations.

The District of Columbia, which Barry has directed for 13 of the last 17 years, has been clamoring for years to have "Statehood" and sole authority to control its own business of governing. Instead, the city's black-run government has lost its Wall Street bond rating, isn't paying its bills to vendors in a timely manner and is now under threat from the U.S. Congress of having its finances put under their direct control.

In Ohio, that state's only primarily black state-supported university is headed by a veteran of the civil rights movement, and it too is unable to pay its bills and is on the verge of take-over by a state-appointed administrator. Central State University (CSU), which has been headed for over a decade by Dr. Arthur E. Thomas, owes nearly \$2 million to the state's two largest retirement funds and \$3 million to

utility vendors. Reports out of Dayton, and the state capital in Columbus, reveal that CSU is in immediate danger of having its gas lights and water turned off, as well as becoming the only university system in Ohio to be taken over.

In Washington, reports from and to congressional hearings regarding the city's financial problems reveal that, in spite of many blacks' contention that the Congress has a "Racist attitude" toward the majority-black and black-run city in reality federal lawmakers have often bent over backwards to keep the city afloat and has given city administrators warnings for years that they had to shore up the city's management and impose better accounting practices.

Though lead by nationally acclaimed activist, Art Thomas, during the whole period, Ohio's only historically black state college has struggled financially for more than a decade.

Like the nation's newly-elected conservative majority, who are seeking to curb welfare, and other social programs of the federal government. Four years ago the Republicans in Ohio's Senate tried to end CSU's special subsidy funding and force the institution to operate with guidelines similar to other state universities. But Ohio's Governor George Voinovich used his official powers and intervened to restore the funding.

Like Congress did with the city of Washington, even after extending special funding for CSU. Voinovich sent a letter to the school's board of trustees in which he called CSU's deficit "Very troubling" and said its special supplement was in jeopardy.

In the maximum of what could be called "affirmative action," CSU, which has about 3,000 students, received the special supplement because of its status as Ohio's

only publicly supported historically black university.

Joseph Griffin, a city of Dayton employee and former student at CSU says, "This type of thing puts a black eye on the university and shows we can't balance our checkbook, and spending habits, even with special funding."

Thomas recently sent a letter to the CSU board of trustees announcing his retirement effective at the end of his contract in June 1997. Disclosure of the retirement-fund delinquencies has now prompted calls from school and state officials for Thomas to leave immediately.

The Black Elected Democrats of Ohio, who were led for years by the late C.J. McLin, have often been allies to Thomas, and the school, but the latest series of allegations of "Mismanagement" have caused wariness among the state's black politicians.

The white state representative who chairs Ohio's House Education Committee recently said, "Their administration and governance have always been questionable. These types of problem haven't surfaced at other state-supported institutions."

In late 1994, members of the CSU faculty initiated a 63 to 51

vote of "No-confidence" against Thomas, who makes \$101,000 a year. Most blacks involved with the situation in Ohio don't want the stigma of bankruptcy for CSU. Numerous members of the faculty express a belief that their no confidence vote acted as wake-up call to the university and its board of trustees.

"With the onslaught of fiscal conservatism across the country, Black Americans will have to make their elected officials, and other administrators, more accountable," said Mr. Griffin, who may well be speaking for a majority of African Americans.

## SBA offers financial and management help to urban businesses

NEWARK—In an effort to reach small business owners and start-up companies in urban areas, the Small Business Administration (SBA), is taking its programs to the people. SBA is hosting a free Community Assistance Seminar for Essex County small business owners who are interested in learning about SBA loan programs and business counseling services.

The seminar will be held on Wednesday, March 22 at Newark City Hall in Room 8-29, from 8:45 a.m. to Noon. Joining the SBA as sponsors of the program are the Newark Mayor's Office of Affirmative Action, Newark's Coalition of Small Business Development, Rutgers Regional Small Business Development Center (SBDC) and the Service Corps of Retired Executives (SCORE).

The seminar will feature representatives from the SBA, local banks, SBDC and SCORE.

"The idea behind the Community Assistance Seminar is to take SBA programs to the people and communities where they are needed most," said Francisco Marrero, SBA New Jersey district director. "I am certain this type of forum will help the SBA stimulate loan activity in Newark and throughout Essex County," said Marrero.

After the seminar, participants will have the opportunity to meet with several local SBA lenders who will be on hand to discuss the application process for an SBA loan. For more information please call 201-733-8527. No registration fee is required to attend the seminar.

## Summit sponsors free first-time home buyer seminars

CRANFORD—To assist first-time home buyers seeking more affordable homes, Summit Mortgage Bank, a division of Summit Bank, is offering a free two-evening series to be presented Tuesday, March 14 and Thursday, March 16 from 6:00 to 9:00 p.m. at Summit Bank/Summit Mortgage Company.

Individuals or families with

annual combined household incomes of no greater than \$55,315 for a two-person household, or \$64,935 for a three-or-more household are invited to register and attend.

Thomas Hill, vice president of The Summit Mortgage Company, will be the program moderator. Guest speakers will include a realtor, creditor,

appraiser, home inspector, attorney and a bank underwriter. Their focus will be on the various steps involved in buying a home and how to make an informed purchasing decision—how to interpret your credit report, how to control your budget, how to qualify for a mortgage, how to shop for your home and what you should know about closing costs.

## Year-round

(Continued from page 1)  
Schools a 60/20 schedule means that the children are in school sixty

days straight then they are out for twenty days with an intercession of about ten. Students who need extra

help will be involved in programs that they will be required to attend. In the 43/15 schedule the students will be in school for forty-five days then have an intercession of five days, and be out for ten. "We are going to do this with the holidays and the time off dispersed throughout the year. That's the essence, just a few days off."

Dr. Venable defended the new school schedules noting that there is a need to do more for the children who most often have nothing to occupy their time once out of school.

"What we're trying to show folks is that in urban areas, you have buildings open all year around. The students are out for two months and many of our young people emanate from homes that may not be the traditional home. Maybe no parent, no parent or [just] a sibling. I have a high rate of homeless children who live in shelters. I also have a number of students who are considered emancipated, they live on their own and they have children, and we need to do more."

The superintendent stated that she felt like she was a care taker, commenting that:

"I am no longer a superintendent of a school district. I'm a superintendent where people have needs and those needs have got to be addressed. We can't just divorce their lives after three o'clock from what happens at school."

According to Venable, the YRE program will be tried for three years at both schools which are new buildings and are sufficiently equipped for the task.

"Both schools are air conditioned...there will be no additional costs for year-keep. The buildings are open all year anyway because of summer camps. We will just move those camps to other buildings."

Dr. Venable reported that parents are very excited and supportive of the decision, and some even want a third school dedicated to YRE.

See YEAR-ROUND page 10

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 24 hrs.

## LEGAL NOTICE

## EXTENSION/POST CONTROL

The Housing Authority of the City of East Orange is soliciting bids for Extension and Post Control for the three (3) public housing developments and main office. Bids are due at the office of the Bidder located at 150 Haledale Street, East Orange, New Jersey 07016, on Wednesday, April 5, 1995, at 11:00 a.m., at which time the bids will be publicly opened and read aloud. Copies of Contract Documents, including information for bidders, bidding forms and bid forms may be obtained at the office of the Authority between the hours of 9:00 a.m. to 4:00 p.m., Monday through Friday.

A refundable deposit of fifty Dollars (\$50.00), payable by certified check or money order made payable to the Housing Authority of the City of East Orange, is required for bidding documents. For unsuccessful bidders, the deposit will be refunded upon return of such set(s), in good condition, within fifteen (15) days from the date of their return request.

Bids must be submitted prior to the designated time for opening and opening of bids, and may be submitted either by mail or in person, by the Bidder or his agent. Bids must be presented in the form prescribed by the Housing Authority of the City of East Orange. No bid will be accepted after the designated time.

Bids must be received in sealed envelopes bearing the name of the Bidder and marked "BID FOR EXTENSION & POST CONTROL". Each such bid must be required to submit with half bid a certified check or bond payable to the Housing Authority of the City of East Orange, U.S. Government Bonds at par value or a letterhead bid form executed by the Bidder and acceptable sureties in an amount not less than 100% percent of the bid. The Bid must be accompanied by a consent of surety.

The successful Bidder must also be required to furnish and pay for a satisfactory Performance and Payment Bond in the full amount of each bid. The surety company for all bonds must be a guaranty or surety company acceptable to the U.S. Department of Treasury. Individual sureties will not be considered. The surety must also be licensed to do business in the State of New Jersey.

The Housing Authority of the City of East Orange reserves the right to reject any or all bids, to waive any informalities in the bidding process and avoid a contract to the lowest responsible bidder without being bound by best interest.

No bid shall be withdrawn for a period of sixty (60) days after the opening of the bids without written consent of the Housing Authority of the City of East Orange.

**EXECUTIVE DIRECTOR**  
 03/15/95 FEE \$113.10

## INVITATION FOR BID

The Housing Authority of the City of Elizabeth (hereinafter called the Authority) will receive sealed bids for:

**Renovation and Disposal of Trash Containers  
 Buildings at Millstone Manor No. 3-3**

The Bid Opening will be held at 10:00 a.m. on Friday, March 18, 1995, in the City of Elizabeth, New Jersey, at the Housing Authority of the City of Elizabeth, 1000 Building, Elizabeth, New Jersey, 07202. NO LATE BIDS WILL BE ACCEPTED.

A Mandatory Pre-Bid Conference will be held at 10:00 a.m. on Thursday, March 16, 1995, in the Millstone Manor Community Center, 80 Bond Street, Elizabeth, NJ 07202.

Bidding documents, including specifications, may be obtained at the Administrative Office, 688 Millstone Manor, Elizabeth, New Jersey 07202, for a fee of \$20.00 in return for copy of the plans and specifications.

Bids must be received in a sealed envelope properly marked and to the attention of Joseph A. Manfredi, Executive Director.

No bid shall be withdrawn for a period of sixty (60) days without written consent of the Authority. The Authority reserves the right to reject any or all bids and to waive any informalities in the bidding process.

**JOSEPH A. MANFREDI  
 EXECUTIVE DIRECTOR**  
 03/08/95 FEE \$61.10

## HELP WANTED

## ARE YOU INTERESTED IN WORKING FOR MILLBURN TOWNSHIP?

Millburn Township is seeking qualified black and other applicants for employment without regard to race, color, sex, or ethnic origin. During the upcoming year, Millburn Township may have several employment opportunities for clerical, maintenance workers, and clerks, inspectors, maintenance workers and secretaries, with the potential for advancement!

Millburn Township does not guarantee that these or other job openings will occur. However, in order to be considered in a position of interest, you must fill out an application at Millburn Township Hall, 375 Millburn Avenue, Millburn, New Jersey. Come in today and apply! Millburn Township is an equal opportunity employer.

## CITY OF CLIFTON JOB OPPORTUNITY OPEN TO RESIDENTS OF NEW JERSEY

The City of Clifton is currently accepting applications from all qualified individuals regardless of race, color, sex or ethnic origin, and who meet the requirements established by the New Jersey Department of Personnel for the following civil service open competitive positions:

**ASSISTANT ENGINEER:** Salary mid 20's. Bachelors degree in civil engineering, two years experience in municipal engineering or related field with computer proficiency and traffic engineering a plus. **ASSISTANT TAX ASSESSOR:** Salary mid 30's. One year of experience in assessing or appraising residential commercial or industrial real property, municipal assessing experience a plus. **SANITARY INSPECTOR:** Salary mid 30's. Individual must possess a valid sanitary inspector license issued by the New Jersey Department of Health. **CODE ENFORCEMENT OFFICER:** Full-time, two years of experience in conducting inspections or investigations of a minor nature. **PLANNING OFFICER:** Salary mid 30's. One year of experience in planning or zoning compliance with laws, rules and regulations. Municipal experience a plus.

Applications will be accepted at Clifton City Hall, 1000 Art Avenue, Clifton, New Jersey 07011, from 9:00 a.m. - 4:15 p.m. Mon.-Fri., April 7, 1995, or resume may be sent directly to Mr. John B. Cudworth, personnel officer.

**FAX in your unclassified ad:**  
**908-753-1036**

## LEGAL NOTICE

## INVITATION TO BID

The Housing Authority of the City of Paterson will receive sealed bids for the following item:

**Site Improvements  
 Nathan Barakat Homes, NJ 21-61  
 Dr. Andrew Medeiros Homes, NJ 21-62**

The job shall be performed at a leased residence with the bid to be opened at 10:00 a.m. on Wednesday, March 22, 1995 at the office of the Bidder located at 150 Haledale Street, East Orange, New Jersey 07016, on Wednesday, April 5, 1995, at 11:00 a.m., at which time the bids will be publicly opened and read aloud. Copies of Contract Documents, including information for bidders, bidding forms and bid forms may be obtained at the office of the Authority between the hours of 9:00 a.m. to 4:00 p.m., Monday through Friday.

A refundable deposit of fifty Dollars (\$50.00), payable by certified check or money order made payable to the Housing Authority of the City of East Orange, is required for bidding documents. For unsuccessful bidders, the deposit will be refunded upon return of such set(s), in good condition, within fifteen (15) days from the date of their return request.

Bids must be submitted prior to the designated time for opening and opening of bids, and may be submitted either by mail or in person, by the Bidder or his agent. Bids must be presented in the form prescribed by the Housing Authority of the City of East Orange. No bid will be accepted after the designated time.

Bids must be received in sealed envelopes bearing the name of the Bidder and marked "BID FOR EXTENSION & POST CONTROL". Each such bid must be required to submit with half bid a certified check or bond payable to the Housing Authority of the City of East Orange, U.S. Government Bonds at par value or a letterhead bid form executed by the Bidder and acceptable sureties in an amount not less than 100% percent of the bid. The Bid must be accompanied by a consent of surety.

The successful Bidder must also be required to furnish and pay for a satisfactory Performance and Payment Bond in the full amount of each bid. The surety company for all bonds must be a guaranty or surety company acceptable to the U.S. Department of Treasury. Individual sureties will not be considered. The surety must also be licensed to do business in the State of New Jersey.

The Housing Authority of the City of East Orange reserves the right to reject any or all bids, to waive any informalities in the bidding process and avoid a contract to the lowest responsible bidder without being bound by best interest.

No bid shall be withdrawn for a period of sixty (60) days after the opening of the bids without written consent of the Housing Authority of the City of East Orange.

**EXECUTIVE DIRECTOR**  
 03/15/95 FEE \$113.10

## INVITATION FOR BID

The Housing Authority of the City of Elizabeth (hereinafter called the Authority) will receive sealed bids for:

**Renovation and Disposal of Trash Containers  
 Buildings at Millstone Manor No. 3-3**

The Bid Opening will be held at 10:00 a.m. on Friday, March 18, 1995, in the City of Elizabeth, New Jersey, at the Housing Authority of the City of Elizabeth, 1000 Building, Elizabeth, New Jersey, 07202. NO LATE BIDS WILL BE ACCEPTED.

A Mandatory Pre-Bid Conference will be held at 10:00 a.m. on Thursday, March 16, 1995, in the Millstone Manor Community Center, 80 Bond Street, Elizabeth, NJ 07202.

Bidding documents, including specifications, may be obtained at the Administrative Office, 688 Millstone Manor, Elizabeth, New Jersey 07202, for a fee of \$20.00 in return for copy of the plans and specifications.

Bids must be received in a sealed envelope properly marked and to the attention of Joseph A. Manfredi, Executive Director.

No bid shall be withdrawn for a period of sixty (60) days without written consent of the Authority. The Authority reserves the right to reject any or all bids and to waive any informalities in the bidding process.

**JOSEPH A. MANFREDI  
 EXECUTIVE DIRECTOR**  
 03/08/95 FEE \$61.10

## HELP WANTED

## BULDING MAINTENANCE WORKER FULL-TIME POSITION

General knowledge in the cleaning and maintenance of buildings and grounds. Only experienced persons need apply. Complete benefits. Salary commensurate with experience. Please call Mr. Hargrave at (908) 753-3453 from 9 a.m. - 12 noon and from 1 - 5 p.m., Monday through Friday to arrange an appointment.

An Equal Opportunity Employer.

## TEACHER OF SPECIAL EDUCATION FOR PRE-SCHOOL HANDICAPPED CLASS

In Lakewood Public Schools, Ocean County NJ. NJDE certification required; previous experience only need apply. Letter of application, resume and certification to:

Edward W. Luck, Assistant Superintendent  
 Lakewood Public Schools, Dept. 420, 655 Princeton Avenue, Lakewood, NJ 08701-2995, or fax to 1-908-364-1657.

## DIRECTOR - TECHNOLOGY AND INFORMATION SYSTEMS

The New Jersey Highway Authority (NJHA) is offering a challenging position to a dynamic individual with demonstrated ability to oversee the database administration and support services functions of various systems. Must have strong leadership skills with the ability to motivate staff.

Will be responsible for overall management of the NJHA's information systems, including database administration, programming, requires the ability to work with relational databases, configuration of PCs and the administration of various software. Requires knowledge of Novell, 3rd and 4th generation languages and experience with SQL and COBOL, "C" language and UNIX a plus. Experience in DOS, windows, hardware and software installation and network management. Must have strong communication and interpersonal skills, the ability to analyze and to identify critical business requirements and implement system/software solutions within specified time frames. Master's degree in computer science preferred. Requires six to eight years experience in comparable position. Applicants must send cover letter, along with resume and salary requirements by March 27, 1995 to:

**New Jersey Highway Authority  
 P. O. Box 5050  
 Woodbridge, New Jersey 07095-5050  
 Attn: Human Resources  
 Equal Opportunity Employer**

## LEGAL NOTICE

## INVITATION TO BID

The project consists generally of general contracting, mechanical, electrical and plumbing work for new kitchen and bathroom replacement of stairs, fire alarm system upgrading, conversion of four apartments for handicapped accessibility, conversion of four audiovisual accessibility, and miscellaneous apartment upgrades.

The Housing Authority of the Town of Boonton reserves the right to reject any or all bids and to waive any informalities in the bidding process and avoid a contract to the lowest responsible bidder without being bound by best interest.

The information for Bidders, Form of Bid, Plans and Specifications may be obtained at the office of the Housing Authority of the Town of Boonton, 125 Chestnut Street, Boonton, New Jersey 07005.

All Bidders are required to submit with half bid a certified check or bond payable to the Housing Authority of the Town of Boonton, 125 Chestnut Street, Boonton, New Jersey 07005 at any time, beginning Thursday, March 2, 1995, during regular business hours from 9:00 A.M. to 4:00 P.M., Monday through Friday upon payment of \$50.00 certified check or cash payable to Title, Doby, Carrasco, P.A. for one test. Any successful bidder, upon returning such sum promptly and in good condition will be refunded his payment.

All bidders are required to submit a certified check to the order of the Housing Authority of the Town of Boonton for 10 percent (10%) of the amount of the bid or a bid bond for a like sum executed by Surety Company authorized to do business in the State of New Jersey, in the amount of 10 percent (10%) of the bid. Individual sureties shall not be considered. The use of the bid bond is optional. The bid bond must also be accompanied by a certification by bidder regarding Equal Opportunity Employment Practice and a Non-discrimination Affidavit and Statement of Compliance with bidding requirements. The successful bidder will be required to furnish a letterhead bid form and a copy of the Bonds in the amount of one hundred (100) percent of the Contract price.

**MARK W. CARY  
 EXECUTIVE DIRECTOR  
 HOUSING AUTHORITY OF THE TOWN OF BOONTON  
 03/15/95 FEE \$135.50**

## ADVERTISMENT FOR BIDS PROJECT NO. 523151 CONTRACT 1

**ADVERTISMENT FOR BIDS  
 PROJECT NO. 523151 CONTRACT 1  
 HANDICAPPED APARTMENT CONVERSIONS  
 AT NJ23-61  
 HANDICAPPED OFFICE AND  
 TOILET ROOM RENOVATIONS AT NJ23-62**

**PUBLIC NOTICE:** A heavy grade bid sealed proposals will be received by the Housing Authority of the Town of Morristown (hereinafter called the Authority) and the Administrative Office of the Authority, located at 31 Early Street, Morristown, New Jersey, on March 17, 1995, at 10:00 a.m. prevailing time. The Authority reserves the right to waive any informalities in bids and to accept the lowest responsible bidder without being bound by best interest.

The information for Bidders, Form of Bid, Plans and Specifications may be obtained at the office of the Housing Authority of the Town of Morristown, 31 Early Street, Morristown, New Jersey 07960.

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# Newark revisits Booker T. Washington

by Sherry Barrus

NEWARK—Rutgers University revisited the legacy of Booker T. Washington and various history lessons at the 16th annual Marion Thompson-Wright Lecture conference, "Booker T. Washington and Modern Black Leadership Revisited."

The conference is an attempt to revitalize the true meaning of African-American history. "Black History was founded by Carter G. Woodson as a month to rededicate ourselves to the study of our history and said it should be a time when African Americans would not complain about their condition in America, but to point to the real achievements we have made in the face of adversity," said Dr. Clement Price, the conference

co-organizer and History professor at Rutgers.

The theme was in honor of the bicentennial of the infamous 1895 Atlanta Cotton Exposition (also known as the "Atlanta Compromise"), which landed Washington the "Uncle Tom" reputation when he admonished southern blacks to "cast down" their "buckets" and compromise as necessary to establish a road for mutual progress.

Price described Washington as a person who "grappled with the legacy and tenacity of racism in industrial America, the economic interdependence of the races, the necessity for black group chauvinism, and the need to diminish racial conflict in order to foster national progress."

Historians and professors from across

the country, agreed with Price, as they taught history lessons at the Paul Robeson Campus Center with the introduction of papers, lectures and re-enactments, hoping to shed light on one of the most controversial figures in African-American history.

"I don't believe there will ever be a definitive perception of Booker T. Washington," said Dr. Louis Harlan, author of a two-volume biography of Washington: *Booker T. Washington: The Making of a Leader, 1856-1901* and former professor at the University of Maryland.

"Washington was too complex in personality. He said too many different things to different audiences. He constantly amused white audiences with racial jokes, which featured demeaning stereotypes of African Americans," continued Harlan.

Harlan attributed Washington's beliefs to his being educated by white leaders, saying, "He measured black

progress by the distance blacks had come from slavery rather than the distance they still had to go to achieve true freedom and equal rights. His education was at Hampton Institute, (a then high school for the education of selected blacks) run by Northern white missionaries who had a limited view of the amount of education a black woman or man should have," said Harlan.

Washington was for the building of African-American institutions, as he was founder and president of Tuskegee Institute in Alabama. Dr. Wilson Jeremiah Moses, history professor at Pennsylvania State and author of *The Golden Age of Black Nationalism, 1850-1925*, compared the very different, yet similar ideologies of Washington and the more radical W.E.B. DuBois, famous black educator and author of *The Miseducation of the Negro*. "DuBois, although he never supported integration, (as Washington did) always endorsed the Washington principal of separate institutional development," said Moses.

Both Moses and Harlan attributed the differences between Washington and DuBois

to the different goals and time frames in which they were born. Washington, in his time, was for the educational and economical opportunities for blacks where as DuBois, born a generation after Washington, was an advocate of equal and civil rights.

"Nationalist shared with Washington an interest in the advancement of African-American people and an understanding of developing a working class and middle class value system rooted in economic reality," said Moses.

"The problem I have with Washington's leadership is that instead of recognizing that whites were failing to keep their part of the bargain, he kept pretending (or believed) that black prosperity was right around the corner for blacks if they kept working hard and had patience," added Harlan.

The conference is named after Dr. Marion Thompson-Wright, former graduate from Barringer High School in Newark and the first historically trained black woman receiving her degree at the Columbia Teaching College in 1938, later teaching at Howard University.

## Year-round

(Continued from page 8)

however the funding is not available now. If the two pilots are successful, she noted that a third or fourth school will be dedicated to YRE in another year from now.

The school schedules are set up that the children will be off on legal holidays such as Christmas and Thanksgiving and that will be part of the intervention. For example, the fifteen days from the 45/15 schedule falls during the Christmas holidays.

The YRE will be required of all students whether they make straight A's or not. Everyone will be required to be in some type of course.

"During the intervention, either a half or one third, in the case of the 60/20, one half of those days are required to be in school. That's how we got the 220 days. Either they are doing well and they must take enrichment, or they're not doing too well, or just average,

then we are going to put them in those courses that are going to make them do better than average. I don't care if they make straight A's, if you make straight A's, then we're going to stretch you."

Dr. Venable made it clear that Trenton had done its homework on the program and now was ready to implement it.

"We have had two and a half years exploring, going to other districts [that offer YRE]. I just had two people come back from San Diego, California. We had someone in Plano, Texas, we had people in Buena Vista, Virginia and we are getting ready to send a whole team to Maryland because the state is offering grants to school districts that want to practice Year Round Education. We are very mindful of this and are very much involved in finding out what's going on in those districts."

Dr. Venable stated that from

research it has been discovered that students involved in YRE can grow in performance levels, of anywhere from three to six, in some cases in nine months, if they are in a program of this nature.

"What happens is that they forget less and are learning more...We have to keep them on task and make sure they have less time to stand in the streets with idle hands and idle minds."

"We want to prove that the students will learn more, retain more and be at, and above grade level. I have a mandate, my board wants me to have every young person at grade level by '96, '97. Now, I'm not sure I'm going to make it, but I'm going to do everything I can to almost be there."

Do you support or disagree with this program? We want to hear from you. Send your opinions to City News, PO Box 1774, Plainfield, NJ 07061.

## Connie

(Continued from page 4)

was. For most of his 85 long years he did his thing as a musician with some of the most popular bands of the 1930s, 40s and 50s.

He was a particular favorite with local night life as the alto saxophonist in the Larry Ringold band when they were the house musicians at the old Alcazar, a well known Third Ward (Newark) watering hole.

McIntyre was a native of Charlotte, NC who grew up in Montclair and had lived in Newark since 1934 where he studied under Larry Ringold and Bobby Plater who became lead sax with musical giants, Count Basie and Lionel Hampton orchestras.

Like other musicians of his day, McIntyre became a member of bands like the Heat Waves and spent summers entertaining in the Catskills. He also played with Joe Crump's band at the Kinney Club where his widow was a dancer and several other local units. In addition to the popular Flossie, he is survived by three nieces.

Essex County Prosecutor Clifford Minor is not one to forget a bridge that carried him across. He proved that recently when he presented Essex County College president A. Zachary Yamba with a check for \$4,790 earmarked for the college's Endowment Fund.

"Essex County College gave me my academic start," said Minor who earned an Associate in Science degree from ECC in 1973. He received his bachelor's degree from John Jay College of Criminal Justice and was awarded his JD from Rutgers Law School in 1979.

In the three decades of his career in law enforcement, Prosecutor Minor has served as Court Administrator and Presiding Judge for the Newark Municipal Court. According to persistent rumors and persuasive arguments from close friends, Minor could become a candidate for Newark mayor in 1998.

If so, that could bring him face-to-face with another ECC alumni, Newark West Ward councilman and State Senator Ronald Rice.

## Newark holds anti-violence forum:

NEWARK—Board of education member Dr. Kim Gaddy and the district's Secondary Parent council will host an anti-violence forum on Tuesday, March 21. Scheduled to be held at

Malcolm X Shabazz High School at 3 p.m., the forum is entitled "Adults Speaking to Students About Violence," and will include a six-member panel of parents, school officials and community leaders.

Gaddy hopes that the forum, which will take place on the 30th anniversary of the assassination of Malcolm X, will help students to understand that violence is not a viable solution to any problem and

the repercussions of school violence affects the entire community.

The forum is part of an on-going series of student discussions intended to reduce incidents of school violence.

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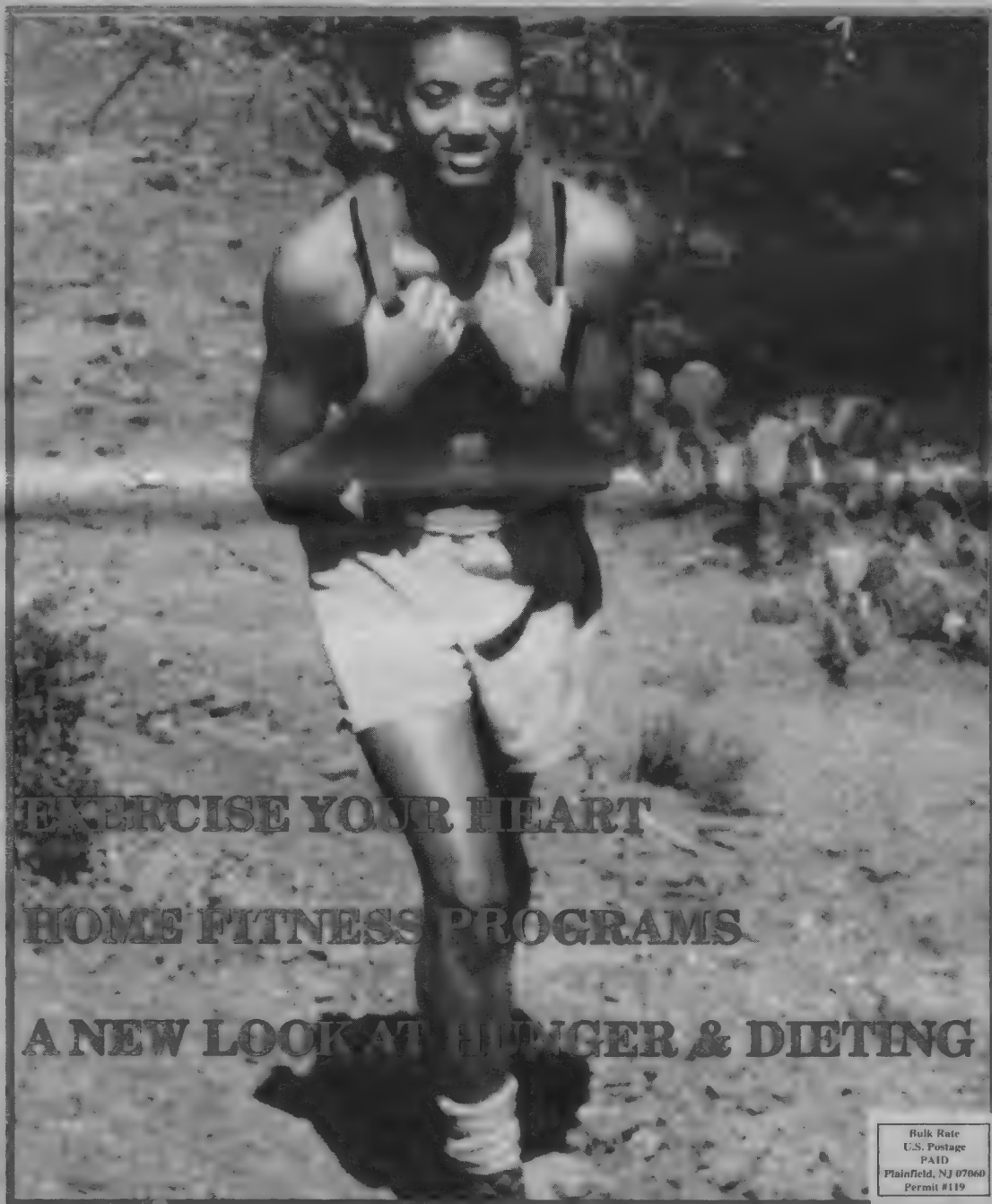
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# HEARTBEAT

YOUR GUIDE TO HEALTHY LIVING

March 1993



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# HIB BRIEFS

## Structure of veins in African Americans different than whites

GEORGIA—Groundbreaking research, conducted by Dr. Randall Tackett, Head of Pharmacology and Toxicology at the University of Georgia, has shown that the veins of African Americans are less flexible and more difficult to dilate than those of whites, which may explain the disproportionate numbers of African Americans with heart disease and hypertension. It seems that the key difference lies in the endothelia, the flat cells that line the veins and arteries. Reasons for the difference are not completely clear, but genetic and environmental factors are considered important.

Some of Dr. Tackett's findings, however, correlate with earlier work (by Dr. Norman Anderson at Duke University) showing that African-Americans respond differently to the chemicals and hormones the body produces during stress (in terms of circulation, etc.) points out Dr. Elijah Saunders, Co-Founder of the International Society of Hypertension in Blacks.

The most immediate implications from the study, however, will be in the area of hypertension. Dr. Tackett explains, "A vessel that is less elastic, less flexible, will lead to an elevation in blood pressure."

In addition, the fact the less flexible veins are more difficult to dilate means that very powerful drugs would be needed for dilation—indicating a need for hypertension treatment tailored to the needs of African Americans. For further information contact: Dr. Randall Tackett, University of Georgia 1-706-542-5415

## Traditional Japanese health care comes to the U.S.

NEW JERSEY—In July, Englewood Hospital and Medical Center will become home to the first, full-scale "ningen dock" in America—a state-of-the-art Japanese medical care facility that will be staffed, designed and run exactly like those in Japan. Even the medical equipment will be imported from Japan, where the "ningen-dock" system is very popular. The hallmark of the system is preventive care carried out through an extensive annual exam during which the physician examines the entire body (a single physician, not a fleet of specialists) to detect any problems.

The system is more cost effective and much more comfortable for Japanese people living in America. The clinic will initially be open only to employees of the more than 400 Japanese corporations in the New York/New Jersey area.

Later, individuals may be accepted for treatment. For more information contact: Shelley Rosenstock at 201-894-3495 or Rochelle Lazuras at 201-894-3498.

## Sickle cell patients living longer

GEORGIA—People with Sickle Cell Anemia have been enjoying dramatically increased life spans in the last two decades, according to a survey of patient data conducted by Drs. Orah Platt of Boston Children's Hospital and George Milner of The Medical College of Georgia and associates. As recently as 1973, the median survival for people with Sickle Cell was 14 years, now it is 50 years.

The research did not fully explain the change, but Dr. Milner said that some of it can be attributed to the fact that several aspects of medical treatment have improved for people with Sickle Cell, since the late 60s. Among them, "at birth" testing in all states and medical follow-up of affected children; the discovery of the value of penicillin in treating the disease; and improved access to appropriate medical care (because of Medicaid and the larger number of physicians who now know how to administer proper Sickle Cell treatments).

For further information contact: Dr. Orah S. Platt at Boston Children's Hospital 617-735-6347 or Dr. Paul Milner at The Medical College of Georgia 706-721-2361

## Have a cold? Wash your hands

HOUSTON—If you catch a cold, remember to wash your hands a lot to lessen the chance of sharing it with others.

Although most colds are contracted by breathing virus-filled droplets, many colds result from rubbing the eyes or nose with fingers that have picked up a virus from hand-to-hand contact, said Dr. Jane Corboy of Baylor College of Medicine in Houston.

"When people with colds cough or sneeze into their hands and then touch objects at home, work or school," Corboy said, "they leave colds-causing viruses behind."

In addition to frequent hand-washing, tissues and handkerchiefs can lessen or even prevent the passing of colds to others.

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# HEALTHCALENDAR

ATTENTION—Parents Anonymous group meetings (for those with parenting problems) at various sites in Essex County. For more info call 800-843-5437.

## EVERY SUNDAY

TUNE IN—Conversations with Carrier a live call-in program which discusses various health topics can be heard from 9:30 to 10 a.m. on WPAT, 9:30 a.m.

## NOW THRU APRIL 11

SCOTCH PLAINS—Six seminars, "Celebrating Creativity with Older Adults, Able and Disabled" will be held from 6 to 9 p.m. For more info call 908-709-7600.

## THURSDAY, MARCH 16

IRVINGTON—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, from 4:30 to 7 p.m. at the Municipal Building Civic Square Plaza.

HACKENSACK—"Teen Sexuality: Postponement as a choice" development workshop at the Center for Family Life Education. For more info and times call 201-489-1265.

IRVINGTON—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, from 4:30 to 7 p.m. at the Senior Citizens Center from 1 p.m. to 4 p.m. For more info call 201-399-6652.

## MONDAY, MARCH 20

EDISON—"Managing Chronic or Intractable Pain With Implantable Drug Infusion Therapy" health forum at JFK Medical Center at 8 p.m. For more info call 908-321-7535.

## TUESDAY, MARCH 21

NEW YORK—Free Healthcare career opportunities seminar "Profiles of Success": An evening with Darlene L. Cox at the New York University's Center for Career and Life Planning from 6 to 7:30 p.m. For more info call 212-998-7060.

## WEDNESDAY, MARCH 22

BELLE MEAD—Third annual Steven A. Kraft medical symposium at the Carrier Foundation from 9 a.m. to 4:30 p.m. Call 908-281-1465.

## SATURDAY, MARCH 25

JERSEY CITY—"Infection Control and Barrier Precautions" course for licensed health care professionals at Jersey City State College from 10 a.m. to 1 p.m. For more info call 201-200-3157.

SOMERSET—New Jersey Committee for Life Convention '95 presents "Celebration Of Life" luncheon banquet from 12:30 to 2 p.m. at the Somerset Marriott. Call 908-753-5311.

## MONDAY, MARCH 27

EDISON—"Female Urinary Incontinence" health forum at JFK Medical Center at 8 p.m. For more info call 908-321-7535.

## MARCH 27, 28

CRANFORD—Alcohol and Drug Abuse Prevention Conference at Union County College from 9:30 a.m. to 2 p.m. For more info call 908-233-8810.

## WEDNESDAY, MARCH 29

EDISON—"Skin Cancer Screening" health forum at JFK Medical Center from 6 to 8 p.m. For more info call 908-321-7535.

## THURSDAY, MARCH 30

NEWARK—Discuss the role of antioxidants in the prevention of chronic disease at The J. James Smith, M.D., Lectureship at 9 a.m. in the Medical Science Building at UMDNJ. For more info contact Dr. John Bogden at 201-982-5432.

EDISON—"Oral Health Screening" forum at JFK Medical Center from 6 to 9 p.m. For more info call 908-321-7535.

## FRIDAY, MARCH 31

NEWARK—United Way of Essex and West Hudson present 1995 Annual Meeting and Wards Luncheon at the Newark Airport Marriott at 11:15 a.m. For more info call 901-324-8300, Ext. 215.

## APRIL 11 - 25

SCOTCH PLAINS—Safety Requirements in the Medical Office course at Union County College from 6:30 to 9:30 p.m. For more info call 908-709-7600.

## THURSDAY, APRIL 13

IRVINGTON—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, from 4:30 to 7 p.m. at the Senior Citizens Center from 1 p.m. to 4 p.m. For more info call 201-399-6652.

## THURSDAY, APRIL 20

IRVINGTON—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, from 4:30 to 7 p.m. at the Municipal Building Civic Square Plaza.

## APRIL 21, 22

WEST ORANGE—Kessler Institute will sponsor a two-day sports medicine seminar focusing on upper extremity and spine injuries. For more info call 201-736-9090.

## WEDNESDAY, APRIL 26

WAYNE—Living Wills Advance Directives and Healthy Care Choices lecture at William Paterson College at 7:30 p.m. Call 201-595-2436.

## SATURDAY, APRIL 29

JERSEY CITY—"Infection Control and Barrier Precautions" course for licensed health care professionals at Jersey City State College from 10 a.m. to 1 p.m. Call 201-200-3157.

## MAY 1 - 19

PLAINFIELD—Union County College offering non-credit training program for Home Health Care Aides. For more info call 908-709-7602.

## THURSDAY, MAY 11

IRVINGTON—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, from 4:30 to 7 p.m. at the Senior Citizens Center from 1 p.m. to 4 p.m. For more info call 201-399-6652.

## FRIDAY, MAY 19

NEWARK—Symposium: New Initiatives in Medical Education and Healthcare at the Alumni Reunion Weekend at UMDNJ. For more info contact Dr. Elizabeth Alger at 201-982-5436.

## THURSDAY, JUNE 22

IRVINGTON—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, from 4:30 to 7 p.m. at the Senior Citizens Center from 1 p.m. to 4 p.m. For more info call 201-399-6652.

Send health activities to  
**HEARTBEAT**  
PO Box 1774, Plainfield, NJ 07061

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# Take one of these and help avoid a heart attack

by Larry Lucas



Since knowledge is power, the more you know about health the more power you'll have to keep yourself healthy.

For this reason, the pharmaceutical research industry is producing and distributing booklets on such im-

portant diseases as heart attacks, breast cancer and stroke. The first booklet, *What You Need To Know About Heart Attacks*, is available now. You may obtain a copy by calling 1-800-862-4110.

Heart attack is the leading cause of death for both men and women in the U.S. Every year, 1.5 million Americans suffer heart attacks. And death rates from heart disease are higher for African-Americans than for others. In fact, African-American women between the ages of 35 and 74 are twice as likely to die of a heart attack than white women in the same age group.

That doesn't mean you should just sit back and become a statistic. Although there are some risk factors you can't change—your age, your gender and your family history, for example—there are others you can do something about: People who smoke, people with high cholesterol and/or high blood pressure, people who are obese and people who don't exercise are eight times more likely to develop heart disease. Therefore, by making some changes in your lifestyle, you can lower your risk of heart disease.

Quitting smoking, following a low fat diet and getting regular exercise can help reduce these risk factors. Your doctor may prescribe medicines to help reduce your blood pressure or cholesterol level, if necessary. Studies have shown that lifestyle changes and medications together are often more effective in reducing these risk factors than one or the other alone.

Just as knowledge can be the power to help you avoid a heart attack, it can also help you detect one and, most important, survive one.

The sooner a person receives medical treatment, the greater the chances of surviving a heart attack and avoiding permanent damage to the heart. Some potent new drugs that can prevent the death of the heart muscle, for example, work only if they are given within the first four to six hours of the attack. So, if any of the following symptoms start to occur, don't wait. Get help immediately:

- Crushing chest pressure or pain in the center of the chest that lasts more than a few minutes or comes and goes. The pain may be

a burning sensation easily mistaken for severe heartburn.

- Chest pain that spreads to the shoulders and arms on the left or both sides, as well as to the neck and back.
- Accompanying nausea, vomiting, sweating, cold sweats, shortness of breath, palpitations, light-headedness or faintness.
- A sense of impending doom.

Once you've recognized the signs of a heart attack, you must act quickly:

- Get to a hospital equipped with 24-hour emergency cardiac care. Call the local emergency number or ambulance service or have someone drive you.
- Chew one aspirin tablet immediately to reduce the size of the clot (unless you're allergic to aspirin). If you use nitroglycerin for angina, put a tablet under the tongue.
- Lie down, propped up with pillows, and try to stay calm.
- Have someone call your personal physician.

The good news is that the vast majority of people survive their first heart attack, and most are able to lead normal lives afterward. The outlook for heart attack patients today is a lot brighter than it was in the past—and it's getting better as researchers learn more about the disease.

Just as knowledge can help you avoid, detect and survive a heart attack, knowledge is also helping researchers develop new medicines to prevent and treat heart attacks.

Larry Lucas is Associate Vice President of the Pharmaceutical Research and Manufacturers of America in Washington, DC.

## HB KIDS

### Gearing up to prevent sports eye injuries

Serious eye injury is the leading cause of blindness in children. Each year an estimated 160,000 school age children suffer trauma to the eye of varying severity. Sports-related and play accidents account for the approximately two-thirds of these cases. "Each year we see a dramatic increase in the number of eye injuries during the spring and summer months, as children's outdoor activity increases," says Anthony L. Caputo, M.D., Chief of Pediatric Ophthalmology and Director of the Children's Eye Care Center at the Children's Hospital of New Jersey. "Sports related eye injuries are most common among teenage boys."

According to Dr. Caputo, the majority of sports related eye injuries can be prevented by wearing protective eye wear.

"Protective eyewear is available at most sporting goods stores. However, injuries or loss of vision can be prevented only if eyeguards are worn while children are participating in play or sporting events—not just purchased by the parent."

Sports eyeguards come in a variety of shapes and sizes. The eyeguards you choose should fit securely and comfortably and allow the use of a helmet if necessary.

#### Tips for selecting the eyeguard that's right for you:

1. Buy eyeguards at sports specialty stores or optical store.

2. Try on the eyeguards to determine it's the right size. Adjust the strap and make sure that it's not too tight or too loose.

3. Don't buy eyeguards without lenses. Only "lensed" protectors are recommended for sports use.

4. If you wear prescription glasses, ask your eye doctor to fit you for prescription eyeguards.

5. Fogging of lenses can be a problem when you're active. Some eyeguards are available with an anti-fog coating, and others come with side vents for additional ventilation.

6. Check the packaging to make sure that the eye protector you select has been tested for sports use.

7. Eyeguards should have padding along the brow and bridge of the nose to prevent the eyeguards from cutting your skin.

The Children's Eye Care Center of the Children's Hospital of NJ is the only center in New Jersey and one of the few in the nation dedicated to pediatric ocular care. State-of-the-art equipment and the top pediatric eye specialists in the nation, set the Center apart. Staffed for the special needs of children and their families, our clinical team is comprised of pediatric specialists in ocular trauma, retinal orbital and corneal injuries as well as ocular plastic surgery.

For more information call, 1-800-KidsEye (1-800-543-7393).

### Union County teens to attend alcohol & drug abuse prevention conference

CRANFORD—Some 400 students from Union County public and parochial high schools will explore ways to work through problems common to all teenagers at *Go To Health*, an annual youth health awareness conference given by the National Council on Alcoholism and Drug Dependence of Union County, Inc. on Monday, March 27 and Tuesday, March 28. Designed to help young people develop a positive self-image, an important step in preventing alcohol, tobacco and other drug use, the conference will be held each day at the Cranford Campus of Union County College from 9:30 a.m. to 2:00 p.m.

This year students will attend workshops on making sexual choices, improving family relations, resisting peer pressure, and reacting to media influences. They will also explore coping strategies through interactive theater. Teachers and counselors accompanying the students will attend a special workshop on crisis response in the schools.

The 1995 Go To Health conference is sponsored by the Union County Board of Chosen Freeholders, Schering-Plough Corporation, and the ASSIST Coalition for Smoke Free Essex/Union Counties.

### Muhlenberg Regional Medical Center participates in Children's Health Campaign

PLAINFIELD—Everyday, hundreds of children across New Jersey visit hospitals due to injury or illness. For a child, a hospital can be a big, scary, unfamiliar place. Fortunately, at Muhlenberg, much is being done to make each child's visit more comfortable and to help children and their families understand what to expect during a hospital stay. The special needs of children and their families in health care settings will be highlighted March 19 to 25, during Children and Hospital's Week, an annual event sponsored by the

Health.

Muhlenberg is taking part in the campaign with activities and programs for children, families, hospital staff, and the local community. Events will include:

Infant/Children CPR Monday and Tuesday, March 20 & 21, 6 to 10 p.m.

A two-session course for those interested in learning lifesaving techniques for infants and children. There are no prerequisites. Enrollment is limited, and pre-registration is required. Held at Muhlenberg in the Fitch Thro Conference Room. Call 908-668-2542.

# HB HEALTH

## Medical center takes a new look at hunger & dieting

Those of us who make frequent attempts at dieting often hope for a magical cure to stop us from overeating or instead we wish that our fantasy dream of being thin forever would come true. Data from the National Health Center for Health Statistics indicate how much we as a culture want to be thin. Research shows that there are approximately 30,000 new diet plans on the market each year and that 50 percent of the female population and one fourth of the male population are dieting at any one time. Not surprisingly, dieting is a \$33 billion dollar a year industry.

In response to this research, Elizabeth General Medical Center (EGMC) has developed a non-dieting psychoeducational program for overweight women who have failed at numerous attempts at dieting. This unique approach at dieting is called Freedom From Dieting. The focus of Freedom From Dieting is to prevent repeated episodes of binge eating, obsession with food and body weight and frequent weight fluctuation—all of which are associated with health risks.

Research has proven that "yo-yo" dieting can be detrimental to our health and can often promote greater weight gain than loss. It can also leave the dieter with a sense of failure. According to Joanne VanNest, Ph.D. and Lori Pine, Psy.D. candidate, coordinators of the Freedom From Dieting Group at EGMC's Department of Behavioral Health

& Psychiatry, the program begins by focusing on the experience of hunger.

"When a person repeatedly diets they lose the ability to distinguish between the physical and emotional hunger," said Dr. VanNest. "When we diet and restrict our food intake, our bodies begin to defend themselves against starvation to promote survival," she explained, adding, "Physiological changes caused by dieting lead to an increase in hunger and drive to eat accompanied by a decrease in metabolic rate and activity level."

According to Ms. Pine, denying ourselves food when we are hungry promotes feelings of deprivation. "There is evidence that the deprivation leads to food cravings resulting in binges," she explained, adding, "This sets into motion a cycle of dieting, bingeing, feelings of failure, and further dieting. 'It's this endless cycle of berating ourselves for having eaten that candy bar, or starving ourselves one day and overeating the next, that pushes us down the road of 'yo-yo' dieting," said Ms. Pine.

An important goal of the Group is to normalize eating patterns. Participants are encouraged to keep a journal of what and when they eat, and their emotional state at the time. "The journal acts as a tool to help us tune into our emotions," explained Dr. VanNest. "It also helps us learn to recognize the internal and external cues that cause us to

eat," she said.

For example, Dr. VanNest explains that some people attribute their overeating to habit or boredom, but learning to recognize your emotional state at the time you eat could tell you something about why you overeat.

"In time we find that we are eating more because we may be anxious or angry or unhappy about something," said Ms. Pine. Group sessions during the eight week program encourage participants to explore the issues underlying their overeating.

"By tuning into our emotions, we are often surprised to learn that our eating was triggered by something else in our lives that caused us to seek comfort in food," said Ms. Pine.

"We belong to a culture that perceives thin as beautiful, so it is important to understand not only your emotions, but to develop acceptance for your particular size and shape and what role genetics plays in your life," said Dr. VanNest.

"Not everyone is going to have the same measurements or weighs the same, and that's fine," she explains, adding, "However, it's self acceptance that will ultimately determine whether we will ever be free of our obsession with weight."

The Freedom From Dieting Group is an eight week program held at EGMC-East, 655 East Jersey Street, Elizabeth. For more information about the Freedom From Dieting Group please call 908-965-7565.

### Making good of an old habit

Chances are you grew up thinking of snacking as a "no-no," something you did even though you knew better.

If you haven't curbed the habit yet, you are not alone. You'll be relieved that a good case can be made for this popular pastime that is here to stay. Between-meal energizers are especially important for growing youngsters, active teens and pregnant and nursing women. The hitch is choosing foods that are not simply pleasure-packed, but loaded with important nutrients as well. For healthy between meal snacks try these ideas:

#### Mixed Bag

2 cups soy nuts  
2 cups raw peanuts roasted in oven 1 cup raisins or other dried fruit  
Combine ingredients in a large bowl. Mix thoroughly and serve or store in an airtight container.

#### Veggie Dunk

1 cup plain low fat yogurt  
3 green onions, chopped  
1/4 teaspoon dill weed  
1/8 teaspoon garlic powder  
dash of pepper  
Combine all ingredients in bowl or blender. Refrigerate for several hours. Makes 1 cup of dip. Good with all raw vegetables.

#### Orange Fun Pops

6 ounces orange juice concentrate  
6 ounces water  
1 cup plain low fat yogurt  
1 teaspoon vanilla  
Blend all ingredients and pour into ice cube trays. Put a drinking straw (which has been cut in half) into each cube. Freeze several hours.

#### Flavored Popcorn

Pop corn without using oil. Season to taste with any of the following items: Chili powder, onion powder, garlic powder, grated Parmesan cheese, or cinnamon. If the popcorn is sprayed with a non-stick vegetable coating while hot, the seasonings will adhere more easily.

#### Frozen Bananas

2 bananas cut in half. 2 tablespoons old fashioned peanut butter. Approx. 1/2 cup evaporated skim milk. Chopped nuts or crunchy bran cereal. Mix peanut butter with evaporated skim milk until it is the consistency of egg whites. Roll bananas in peanut butter mixture. Then roll in nuts and/or cereal. Place in freezer until frozen. Serves 4.

#### Fruit Spritzer

1 can unsweetened frozen juice concentrate  
Club soda. Mix frozen juice concentrate according to directions on the can, substituting club soda for water.

## Exercise your heart

There's no getting around it: Exercise truly is an ideal way to build a stronger, more healthy heart.

When you exercise, your muscles need more oxygen, so your heart beats faster to pump more oxygenated blood to them. As your heart gets stronger from the exercise training, it is able to deliver more blood with each beat. Thus, your heart needs to beat less often. The slower pulse rate allows you to handle more activity for longer periods of time.

In addition to improving your stamina, exercise helps prevent heart disease by burning excess fat, lowering high blood pressure and reducing the amount of "bad" (LDL) cholesterol in your body while raising the amount of "good" (HDL) cholesterol.

Even if your physician tells you your arteries are partially clogged, exercise can encourage the blood vessels to open up and grow. "This is called collateral circulation," explained Edwin Blumberg, M.D. director of the Cardiac Catheterization Laboratory at Muhlenberg Regional Medical Center. "Essentially, it's like the roots of a tree that connect. When the trunk gets cut off in one part of the tree, it still gets oxygen supplied by other roots." If a heart attack strikes, collateral circulation may significantly minimize any damage done.

Now that you understand why exercise is so beneficial to a healthy heart, what activities are best?

"For heart fitness, aerobic activities (activities that increase your heart rate, like

jogging or calisthenics) are the most useful, say Dr. Blumberg. "Normal daily activities (such as housework and yardwork) aren't typically enough to attain heart fitness."

"Whatever you do on an every day basis, your body gets used to," concurs Sharan Mahal, M.D., a cardiologist on staff at

**"Normal daily activities (such as housework and yardwork) aren't typically enough to attain heart fitness."**

Muhlenberg with offices in Plainfield and Bedminster. "If you don't increase your heart rate during exercise, your exercise may be ineffective." He also stresses that resistance exercises such as weight lifting do not adequately strengthen the heart. Neither do sports like golf and doubles tennis that require short bursts of energy rather than continuous play.

In general, the most appropriate form of aerobic exercise for each person depends on his or her age. Brisk walking, jogging, cross country skiing, bicycling and stair climbing are all suitable for people in their thirties, forties and fifties. "Those who are older should walk regularly," said Dr. Blumberg. "The older you are, the less it takes to improve your physical fitness."

"The prudent person exercises for 20 to 45 minutes three or four times a week," Dr. Mahal says. "To go much beyond that, the purpose becomes something different than heart fitness and can result in joint problems from overuse."

Dr. Mahal says it is safe to exercise every day as long as you avoid high impact exercises such as jogging and jumping rope. You can further help avoid orthopedic injuries by choosing low impact exercises such as bicycling and swimming, which place less stress on the joints and ligaments.

As you progress in your exercise program you will discover that you need to exercise harder to reach and maintain your target heart rate. You may want to increase your speed while walking. Or if you use a treadmill, increase the incline. "Walking uphill makes the heart work much more than increasing speed," says Dr. Mahal. On an exercise bike, the tension can be increased. Basically, you want to get to a point of mild fatigue without exhaustion.

Dr. Mahal advises people to have their exercise program monitored at a rehabilitation facility or local gym. "It's also easier to continue exercising when you're in a group setting," he notes.

Dr. Blumberg recommends that men over 40, women past menopause and anyone who has questions or concerns should see a physician before starting an exercise program. For these groups, a stress test is advisable even if

(Continued on page 7)



# Home fitness programs: alternatives to health club workouts

H.J. Saunders

What are some alternatives to going to the gym for basic physical fitness? And, what are the proper approaches and considerations?

Alright, who was it that said you had to go to the gym to get fit? Prehistoric man was roaming the plains centuries ago hunting and gathering. It is inherent in our species to move, not to be sedentary. Even the American Heart Association just two years ago announced that a sedentary lifestyle is hazardous to your health.

This announcement was backed up from a report from the Cooper Aerobics Clinic in Dallas that stated that regular activity not just exercise can go a long way to improve your cardiovascular health.

Usually, when we talk about basic physical fitness we refer to:

- **Body Composition**—Beyond simple scale weight, what percentage of that weight is fat that will change and what percentage is lean muscle mass, connective tissue and bone weight that will not significantly change.

- **Muscular Strength**—The maximal amount of force a muscle contraction can generate.

- **Muscular Endurance**—The ability to sustain a sub-maximal contraction over time.

- **Flexibility**—The ability of a body part to go through a full range of motion.

- **Cardiovascular Conditioning**—The

ability of the heart, lung and blood vessels to deliver oxygenated blood to the working muscles.

The first step in any home fitness program is a desire to improve one's physical condition. Physical fitness is not just physical. We know that there are other intangible benefits psychologically, emotionally, and even spiritually.

Assuming one is of sound mind and body and there are no medical limitations, anyone can benefit from a gradual increase in physical activity. If you are over 40 years old and have been sedentary you may consider seeing your physician for medical clearance. Do a mental personal health inventory and set realistic achievable goals.

Brisk walking is probably one of the best ways to get started. Start slowly, warm up gradually. Pay attention to what messages your body may be sending. After a 5-minute warm up, if everything feels good, increase your pace slightly. Work within your breath.

Do not exert yourself in such a way that you have to breathe heavily. You should be able to carry on a limited conversation.

If you want to count your pulse, the general rule of 220 minus your age gives you your age predicted maximal heart rate. If you work between 55-70% of max, you generally will train for fat loss. In this case, you must eventually build up your endurance to sustain the work load for 35-45 minutes. If you train at a higher intensity-70-85%, you will generally obtain cardiovascular benefit and may train for less time, usually 20-30 minutes. You should be able to feel your pulse on the side of your windpipe or the thumb side of your wrist.

Make small changes and gradually work them into your daily lifestyle. Try gardening or taking the bicycle out of storage. Use the stairs instead elevator. Strive to become more active.

The old stand by calisthenics are

still as effective as ever. There are an infinite variety of body curls (formally called sit-ups). Push ups are a great way of strengthening the upper body. Try doing them slower rather than using momentum to speed things along. Stop halfway and hold for 10-15 seconds for a little variety. For the legs try squatting down until the knee is bent at 90 degrees and return to the starting position.

Remember that flexibility should not be confused as a warm up. You should stretch muscles that are already warm. Try not to bounce. Rather try to hold a gradual stretch and focus on your breathing. Make it deeper and slower. Be in control. Don't stretch to far too soon. Instead, hold an easy stretch for 20-30 seconds then gradually increase your range of motion slightly. Stretching should always feel good.

Finally, remember that consistency is the key to getting results. You get what you train for and the benefits are proportional to the effort you put in. Find something you enjoy. If it's fun you're more likely to continue your training. Involve your family and significant others. Be fit for life. Remember to eat the most nutritious foods, drink plenty of fluids, especially water and get adequate rest, relaxation and sleep.

H.J. Saunders, MA, CET is an Exercise Physiologist at UMDNJ Medical Center in Newark, NJ. 201-433-8993.

**"Physical fitness is not just physical. We know that there are other intangible benefits psychologically, emotionally, and even spiritually."**

## The cycle of compulsive eating

By Lyn Brumbaugh, RN, CIC,  
Outpatient Therapist

Dieting was a way of life to Amy. With gritted teeth and grim determination, she undertook yet another diet plan. Angry over weight gain and ashamed of her overeating, she continued the cycle dominating her life.

New understanding tells us that food and willpower are not the basic issues of compulsive eating. Yet these concerns are focal points for Amy and others stuck in this painful problem.

Amy can be reassured. The cycle of

overeating can be broken.

Compulsive eating often follows unmet emotional needs, a pathway leading to low self-esteem. Food is used as a painkiller to cover up emotional distress. The resulting guilt and shame surrounding overweight results in self-hatred, guaranteeing emotional needs will remain unmet. Further downward muggings and car accidents combined. "There's No Excuse for Domestic Violence" ... or for blaming victims, says the keynote speaker, Courtney N. Esposito. A survivor of abuse herself, she will discuss safe ways to help prevent domestic violence incidents and

community-wide initiatives against domestic violence.

Ms. Esposito is a board member of Womenspace, Inc., domestic violence consultant and coordinator of the Center for the Study of Violence at Albert Einstein Medical Center, Philadelphia. She has published and contributed to articles on the subject and appeared on radio and television. She also serves on the boards of National Woman Abuse Prevention Center, Washington, D.C., and Womenspace, Inc., and is a member of the Pennsylvania Medical Advisory Committee on Domestic Violence.

Other speakers are Carrier professional staff members, Charleen Alderfer, Ed.D., supervisor of the Family Therapy Institute, who will discuss the cycle of abuse and helping children learn skills to break out of the cycle, and Deborah Skibbee, R.M.T., M.A., A.B.D., who will explore interpersonal styles and building healthy relationships.

The seminar fee of \$20 covers continental breakfast and box lunch. Child care for ages 3 and up is available without charge.

For registration information, call Carrier's Community Relations Department at 908-281-1518 or 1515.

## Antioxidants: Bodyguards for your heart

When it comes to nutrition, the "buzzword" today is antioxidants. Because of substantial research indicating that antioxidants may help protect us from heart disease as well as various cancers, Carol Devine, R.D., a registered dietitian at Muhlenberg Regional Medical Center, suggests you get antioxidants into your diet every day by eating foods that contain them.

"To understand what antioxidants are, you first have to know a little about how our bodies work.

"All of the cells in our body use oxygen to create energy," Ms. Devine explains. In the process of doing that, they produce molecules called free radicals. Free radicals destroy cells by eating away and breaking through them. Antioxidants protect your healthy cells from the free radicals by stopping this destructive activity."

ping this destructive activity."

For example, the oxidation of cholesterol may produce blockages to artery walls. Antioxidants can stop this process from happening and can reduce the risk of heart disease.

Vitamins E and C, as well as beta-carotene and the mineral selenium, are all antioxidants. Ms. Devine advises eating foods with antioxidants rather than simply taking vitamin supplements because of the other healthful substances in food.

"Juices are fine," she adds, "but whole food also has fiber, which may provide further benefit against heart disease."

Although researchers are not certain what amount of antioxidants are needed to do the most good, many foods contain these mighty bodyguards. Here is a list for easy reference.

Vitamin C	Vitamin E	Beta-carotene
oranges	brown rice	
grapefruit	whole	carrots
pineapple	wheat	spinach
kiwi	bread	broccoli
strawberries	oats	kale
melons	wheat germ	sweet
cantaloupe	flute	potatoes
tomatoes	seeds	pumpkin
red & green	eggs	squash
peppers	meat	apricots
broccoli		cantaloupe
cauliflower		
	<b>Selenium</b>	
	whole grains	
	brown rice	
	legumes (split peas, lentils, beans)	

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# HB DISCOVERY

## Living with sickle cell disease

Living with sickle cell disease is not easy. There are good days and there are bad days, and no one knows better than 21-year old Stephanie Maddox and 13-year old Stephanie Carter. They have more than their first names in common. Both are afflicted with sickle cell, an inherited disorder of the red blood cells which affects over 1 in every 365 African Americans in the United States. The two met recently through the Big Sister Little Sister program of United Hospitals Medical Center's Comprehensive Sickle Cell Treatment Center. Maddox serves as the big sister to Carter and helps to answer any questions Carter may have about her illness.

"My birth sister carries the trait, but

does not have the symptoms," said 13 year old Carter. "She doesn't know how I really feel when I'm having a bad day so I'll call on Stephanie and she can relate to what I'm experiencing—whether it's being tired or feeling weak."

Maddox found out that she was afflicted with sickle cell when she was five years old. "I lend support to Stephanie and other children suffering from sickle cell by letting them know that they can lead very long and healthy lives," said Maddox. "It's reassuring for them to know because they experience so many illnesses at young age and sometimes it becomes very discouraging."

Over 200 children and young adults have been treated at United Hospitals Medical

Center's Comprehensive Sickle Cell Treatment Center. Support groups which meet regularly assist children in living with the sickle cell disease. Three such groups were formed by Susan Casey Prather, RN in the Valerie Fund, and they meet every month.

"The pain the children experience with the disease is extreme and real," says Prather. "The support groups were formed to assist patients with their illness. Individuals receive educational information and have an opportunity to meet with others with sickle cell anemia, to know that they are not alone in their struggle." For more information about the sickle cell program or support groups, please call 201-268-8686.

## About sickle cell disease

Sickle cell disease is an inherited disorder of the red blood cells found primarily in people of African descent. Normal red blood cells are very flexible and move easily through small blood vessels. But when hemoglobin, the oxygen-carrying protein in red blood cells is affected by sickle cell disease, the normally round, pliant red blood cells become curved (sickle shape) and rigid, after oxygen is released. Sickle cells become stuck and form plugs in small blood vessels.

This blockage of blood flow can damage the tissue. Because there are blood vessels in all parts of the body, damage can occur anywhere in the body. It is recommended that newborn babies be tested for the disease at birth.

## Celiac sprue disease resurfaces as destructive dietary disorder

by George B. Hamilton

Celiac sprue disease, a commonly overlooked and misdiagnosed dietary disorder, has quietly resurfaced in recent years as one of the fastest growing gastrointestinal ailments.

The condition, which can be congenital and affects about one in 3,000 people, strikes those who have sensitivities toward gluten and gliadin, proteins found in wheat, oat, barley and rye.

Celiac sprue damages villi, the finger-like projections within the intestine that absorb nutrients. If not diag-

nosed and treated through stringent dietary control, the condition can cause cancer of the small intestine, which can be fatal. It can also result in fragile bones susceptible to fractures, caused by the loss of calcium, and nervous system problems leading to numbness in the hands and feet. In women, the disease can disturb menstruation and cause infertility.

The symptoms of celiac sprue include abdominal distress, diarrhea, dehydration, weight loss, listlessness and malnutrition. The condition is most common in children, although it also can strike middle-aged persons.

Celiac sprue disease is treated with dietary measures. By celiac sprue abstaining from all gluten-gliadin products, the symptoms usually will subside and the villi will heal and become functional again.

Therefore, anyone with this disorder should avoid all products that contain wheat, oats, barley and rye. They must discipline themselves to carefully read all labels while food shopping to avoid consuming gluten and gliadin additives. They should beware of food products that are not clearly labeled or include ingredients such as natural flavors or food coloring. Breads, pasta and pastries made from substi-

tute grains are available.

Fresh fruits and vegetables have long been healthy choices for celiac sprue sufferers, but these products can pose a threat if they are protected with wheat coatings. There is no guarantee that this coating, which can be washed off, will not permeate the food. Those with the condition should ask their grocers if fruits and vegetables are coated.

If appropriate dietary measures are meticulously followed, but symptoms persist, it is essential for the patient to see his or her physician promptly for a re-evaluation of the condition.

## HMOs provide alternative to emergency rooms and clinics

While everyone's experience with healthcare seems to leave a lot to be desired these days, people covered by Medicaid continue to have the greatest difficulty getting access to quality care. Typically the Medicaid patient's experience of the health care system is impersonal, uncomfortable, and anxiety-filled.

First of all, Medicaid patients have no family or personal physician managing their care or their family's care. At best, they see physicians they don't know in clinic settings where the waits seem to take forever, and where no one can remember their particular health history or concerns from visit to visit. At worst, they become victims in notorious "Medicaid mills."

Second, Medicaid patients, without a personal physician, have no one to reach out to for expert advice when something serious comes up, especially at inconvenient moments, such as weekends. And so, they frequently end up in the emergency room, often for a problem that could have been better handled in a doctor's office. The result: long waits and aggravation for the patient, and added expense for the healthcare system.

A new development in healthcare promises a solution for both patients and the government. At some point this year, New Jersey will mandate that all Medicaid pa-

tients join a health maintenance organization, or HMO. This new trend is designed to make Medicaid healthcare more cost-effective, as well as improve the quality of the healthcare that the Medicaid patient receives. The important news is that Medicaid recipients also have the option of joining an HMO now, before they are required by law. The main advantage of joining now is that Medicaid recipients can actually select their own HMO. Later, the government may make the choice for them by assigning patients to HMOs.

With the change to HMOs definitely on its way, Medicaid recipients, specifically those receiving coverage under the Aid to Families with Dependent Children (AFDC), should start learning everything they can about the pros and cons of HMOs. They should also realize that joining an HMO does require a choice between their usual method of getting care and the new system. In other words, patients have to give up the old system to get the new system. The good news is, however, that the advantages of HMOs are potentially so beneficial that patients may decide to make the jump sooner, rather than later.

HMOs stress preventive care, and view maintaining a person's health as a continuous, lifelong process. The idea is that such a system can improve health while cutting costs by trying to prevent health care problems alto-

gether, or by getting involved in the early stages of a problem before it progresses into something serious.

The HMO is organized around a network of primary care physicians. These physicians are skilled at diagnosing and treating a broad range of health problems. They are also skilled at educating patients about how to prevent many health problems. Any problems that the primary care physician cannot handle are taken care of by specialists. Also included in the network are hospitals which can admit patients for procedures and other services. Many HMOs may offer other health-related services, such as dental care, eye care, and prescription drug programs.

The following are the main advantages of HMOs for Medicaid recipients:

**Personal Doctor**—This is the first great advantage of an HMO: every individual or family gets their own personal physician, whom they get to choose (as long as they are in the HMO's network). This physician is responsible for the overall management of an HMO member's care. Having a personal physician leads to "continuity of care." This physician gets to know patients and families, sees patients for regularly scheduled check-ups, keeps records of their health history, and manages the course of treatment for illness from visit to visit. The personal physician

also handles referrals to specialists when they are needed.

**Help When You Need It**—A second great advantage of HMOs is that a healthcare professional is available to patients on a 24 hour, 365-day a year basis. Patients or parents worried about a sick child now have someone to reach out to at any time for advice about how to handle a problem. If the problem is truly critical, the HMO plans also cover emergency room visits.

**Quality Care**—A third advantage is the quality of the patient's experience. Patients in HMOs make appointments and are usually seen in private doctor office settings which are clean, comfortable, modern, and convenient.

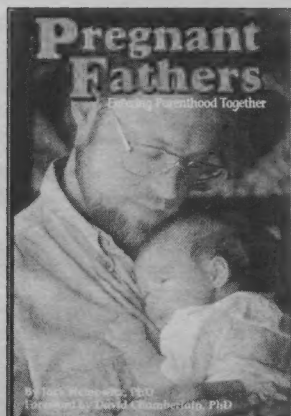
**Comprehensive Services**—In addition to medical services, HMOs can also offer comprehensive healthcare services such as prescription drug programs, eye care, and dental care.

An example of an HMO that is now available to Medicaid patients is University Health Plans, an HMO that is sponsored by the University of Medicine and Dentistry of New Jersey and based at UMDNJ-University Hospital in Newark. Steven J. Marcus, chief executive officer, stresses that the University

(Continued on page 7)

# HB PULSE

## Pregnant Fathers: Entering Parenthood Together



Completely revised, enlarged, and updated, this is the second edition of the 1982 best-seller that introduced the term "pregnant father" and first described the deep transformation men undergo as they prepare to cross the threshold into fatherhood. This expanded edition chronicles the Journey in light of the parenting and relationship imperatives that have emerged over the past decade. Included are firsthand accounts from dozens of fathers as well as thoughtful guidelines for unraveling hidden feelings and needs, com-

municating more sensitively with loved ones, enlivening prenatal and postpartum sexuality, solving problems mutually, participating in labor and birth, welcoming the baby and plunging into the first year as an involved father, all the while deepening the pathways to intimacy.

*Pregnant Fathers*, by Jack Heinowitz maps and demystifies the obstacles men face on their way to fatherhood—one by one. The book invites discovery and hands-on participation in the transition from man to father. From the first whisperings of pregnancy to the onset of contractions and on through the first year of bonding, diaper changing, and creating a new family constellation, *Pregnant Fathers* promises to inspire a new generation of men to embark on a new kind of fathering. "Engaged fatherhood," says Heinowitz, "transforms more than the man and the family; it is the wellspring from which a more peaceful and loving world can emerge."

Complete with photographs, an inspiring foreword by David B. Chamberlain, Ph.D., president of the Association for Pre- and Perinatal Psychology and Health, charts, exercises, and a comprehensive list of recommended reading and support materials, this is an indispensable guidebook for expectant fathers... and everyone in their midst. It is certain to generate a new tradition of manly wisdom.

## HMOs provide alternative

(Continued from page 7)

Health Plans HMO marketed to Medicaid patients is the same plan that is marketed to small businesses and other independent professionals. "We offer the same high-quality of care to everyone," said Mr. Marcus.

Mr. Marcus emphasizes that University Health Plans strives to make sure that mem-

bers are not only healthy, but also completely happy with their care. "I want members of University Health Plans to know that they have a partner in the healthcare system," says Mr. Marcus.

For more information about University Health Plans, call 1-800-JOIN-UHP.

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## Taking a look at the new food labels

When reading the new food labels remember that, for some nutrients, such as fiber and calcium, your goal should be to eat at least 100 percent of the daily value. For other nutrients, such as saturated fats and sodium, your goal should be to eat no more than 100 percent of the daily value.

Now allowed on food labels are claims about the links between foods and health risks or improvements. However, these types of claims are allowed only if the food meets certain FDA standards. These claims can show a link between:

1. Calcium and a lowered risk of osteoporosis.
2. Fat and a greater risk of some cancers.
3. Saturated fat and cholesterol and a greater risk of heart disease.
4. Dietary fiber (in grain products, fruits and vegetables) and a reduced risk of colorectal cancer.
5. Fruits, vegetables and grain products that contain fiber and a reduced risk of heart disease.
6. Sodium and a greater risk of high blood pressure.
7. Fruits and vegetables and a reduced risk of cancer.

### Simple Words, New Definitions

If you were confused about foods labeled "low-fat," "lite" or "lean," you can feel more confident about trusting these terms now. The FDA has determined specific defi-

nitions for "free," "reduced," "less," "extra lean," "low," "fewer," "high," "more" and "good source." For instance, any food labeled "fat free" must contain less than half a gram of fat per serving; "low calorie," 40 calories or less per serving; and "low sodium," 140 milligrams or less of sodium per serving.

Watch for claims about "no cholesterol." Just because a food has no cholesterol doesn't mean it's heart-healthy. The food may still contain saturated fats or partially hydrogenated fats, which are believed to raise your body's cholesterol levels.

Nutrition Facts	
Serving Size 10 Potatoes (30g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 360mg	18%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars Less than 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
Percent Daily Values are based on a diet of other people's misdeeds.	
*Percent Daily Values are based on a diet of other people's misdeeds.	
Total Fat Less than 6g 6g	
Sat Fat Less than 1g 1g	1g
Cholesterol Less than 30mg 30mg	30mg
Sodium Less than 240mg 240mg	240mg
Total Carbohydrate Less than 30g 30g	30g
Dietary Fiber 1g 1g	1g
Calories per gram: Fat 9, Carbohydrate 4, Protein 4	

Key: g = gram  
(about 28g = 1 ounce)  
mg = milligram  
(1,000mg = 1g)

## Exercise

(Continued from page 4)

no risk factors for heart disease are present.

Start exercising slowly to warm up, then finish with a period of stretching. Stop if you experience any chest pain, unusual sweating or difficulty breathing, and consult with your physician. Be especially cautious when exercising in hot, humid weather, making sure to drink plenty of fluids.

Most of all, enjoy yourself. Your heart will thank you.

### How To Calculate Your Heart Rate

To make sure your heart rate is sufficiently elevated during exercise, calculate your target heart rate by subtracting your age from 220. Seventy percent of that figure is the maximum number of beats per minute you want to sustain during exercise. For example, if you are 40 years old:

$$220 - 40 = 180$$

$$180 \times 70 = 126$$

Your target heart rate is 126 beats per minute.

To take your pulse, press the artery on the inside of your wrist with any finger but your thumb. Count the number of beats in ten seconds and multiply by six.

## Having a ball



East Orange residents Joyce Nicholson and Duane Wilson pause to discuss plans for the Mental Health Association of Essex county's upcoming SilverLine Ball, slated for Saturday, April 1, 7 p.m. at the Manor in West Orange. The two board members are serving on the committee for the upcoming event.



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Before age 40, it is wise to have a baseline mammogram. After that, every 1-2 years based on your physician's recommendation until age 50. Over 50 a mammogram should be done yearly.

Age	Recommended
Age 40	Baseline
40-49	Every other year
Over 50	Every year

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